



THE OPRAH
MAGAZINE

Celebrate Who You Are Now!

O'S GUIDE TO BEING
YOUR TRUEST SELF

Life Is a Banquet!

8 GREAT
MAKE-AHEAD
RECIPES

FEAST YOUR EYES
ON PG. 138

PLUS:
*Your
Holiday
Handbook*

HOW TO THROW
A WARM &
WONDERFUL
PARTY!

WHAT DO YOU BELIEVE?

How people
around the world
answer life's
biggest
question
PG. 35

HEALTH
TESTS THAT
PREDICT
YOUR
FUTURE

Bonus: You
can do them
at home!



life is
the warmth
of a holiday meal,

25
Year Limited
Warranty
INCLUDED

IKEA-USA.com/kitchen


SEKTION kitchen with BOBBYN gray doors, drawer fronts, glass doors and MAXIMERA soft-closing drawers SEKTION cabinet frames in white melamine foil. BOBBYN doors/drawer fronts in painted finish and glass doors in tempered glass. MAXIMERA drawers in powder-coated steel and melamine foil. Requires assembly. *Total price includes cabinets, fronts, drawers, door dampers, interior shelving, hinges, toe kicks, legs, and cover panels. Your choice of countertops, sinks, faucets, knobs and handles, appliances and lighting are sold separately. See IKEA store for limited warranty, country of origin and 10'x10' details. Valid in US stores only.



A feast for the
senses, flavors to
savor—I love
this time of year!
HAPPY THANKSGIVING
to you and yours.

Chab





and a place
for a family
to feel at home.

SEKTION/BODBYN
kitchen

\$1999*

*Based on a 10'x10' kitchen



Life is taking on a new holiday recipe

and a kitchen
that makes
it feel familiar

SEKTION/BROKHULT
kitchen

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*Based on a 10'x10' kitchen

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SEKTION kitchen with **RINGHULT** white high-gloss doors, drawer fronts, **BROKHULT** light gray walnut effect doors, drawer fronts and **MAXIMERA** soft-closing drawers. **SEKTION** cabinet frames in brown wood effect and white melamine foil. **BROKHULT** doors/drawer fronts in high-gloss foil finish. **MAXIMERA** drawers in powder-coated steel and melamine foil. Requires assembly. *Total price includes cabinets, fronts, drawers, door dampers, interior shelving, hinges, toe kicks, legs, and cover panels. Your choice of countertops, sinks, faucets, knobs and handles, appliances and lighting are sold separately. See IKEA store for limited warranty, country of origin and 10'x10' details. Valid in US stores only.



LET'S GET THESE

Whether your next gathering is an intimate dinner or a buffet for a crowd, these little tweaks from **Jeremiah Brent** and **Justina Blakeney** can make it extra special.



Brent is an interior designer and host of OWN's Home Made Simple.

COZY DINNER PARTY

WALK-INS

"I like people to walk into a memorable experience, starting with cocktails in the living room. You'd be surprised how much more comfortable people feel—especially if they don't know one another well—when they have 45 minutes to mingle before dinner."

COLORED MARKERS



"My favorite thing in the world is a kids' table. I recently made one using old linen for the tablecloth and napkins; the kids could draw and color on everything and then take their napkins home. As a bonus, they were too busy creating to notice that there were no electronic devices in sight!"

INVITING AMBIENCE

"Entertaining is all about atmosphere, and a signature scent is a crucial touch. I happen to love a woodsy potpourri, but to each his own."



CREATIVE CARDS

"I went to a dinner party not long ago, and instead of place cards, the host had had a friend sketch little portraits of the guests to put on each plate. If you don't have an artist friend, lots of great apps, like Enlight, turn photos into sketches or cartoons, or you can just use your favorite snapshots."

TABLE TOP

"Nothing on the table needs to look perfect, because perfection doesn't feel real. I love to layer textiles and use unusual materials for tablecloths or runners, like beautiful Peruvian potato sacks and textured drapery."

JUST DESSERTS



"My trick for dessert: Have everything bite-size so it can be grabbed with one hand. It's easy, and you're not walking around with a plate."

PARTIES STARTED!



Blakeney writes the Jungalow blog and is the author of *The New Bohemians*.



CASUAL BUFFET

"My family does holidays at my mom's house, and as everyone is arriving, she always hands out mugs of soup. You can also pass around finger-foody things, like portobello fries or mini latkes, in paper cones while everyone is doing the initial 'Hey!' and 'How's it going?'"



"I like a U-shaped table to maximize seating. If I need more, I'll go for a Moroccan-style setup, with lots of pillows on the floor."

"Instead of one large centerpiece, I love to create little wild floral arrangements using jars or wine bottles that I scatter around. When the party's over, guests can keep them."



"My best friends' mom writes guests' names on tiny manila hangtags and ties them onto wineglass stems—it's a place card and a wineglass charm in one."

"Creating different levels on your buffet is key. Putting dishes on cake stands not only makes the spread look better, it also makes it easier for guests to reach platters. If you don't have stands, you can do something as simple as wrapping a box in pretty fabric or paper."

"It's nice to have cakes or pies already sliced and plated because people tend to make a big mess when cutting. Do it ahead of time, and everything looks just a little more elegant."





CENTER STAGE

Melissa Michaels's DIY centerpieces are as easy as 1, 2, 3.



Michaels writes the *Inspired Room* blog and is the author of *Love the Home You Have* and *The Inspired Room*.



Anyone can assemble a lovely tablecloth, pretty plates, and fine flatware, but what really says celebration is the centerpiece. "The best ones are inspired by what you actually have in your home," says Melissa Michaels. All you need: a container, objects to place in it, and a little something extra to round out your display. As you scout your home and yard for table-worthy items, look for contrasts in shape, height, and sheen. "If you have something round, pair it with something tall," Michaels says. "And combining rustic and shiny always looks more interesting." Place your creation and then have a seat to make sure it won't block anyone's view. It's okay if your centerpiece isn't a conversation starter—so long as it's not a conversation ender!

LAYER 1: THE BASE



Brass bowl
or tray

LAYER 2: THE FOCUS



White or gold
candles

LAYER 3: THE FILLER



Berry branches, burlap
ribbon, twine



Gilt-framed mirror



Pomegranates,
large pinecones



Boxwood branches,
battery-powered string lights



Wood cutting board, bowl, or tray



White pumpkins, pears



Eucalyptus leaves



YOUR DE-STRESS CHECKLIST

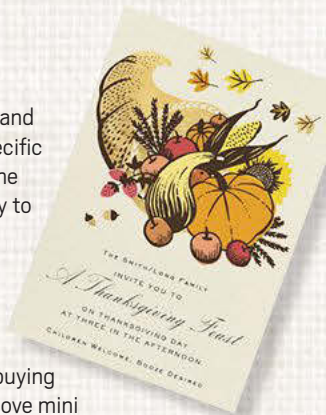
With **Bevy Smith's** party-planning countdown, you'll feel festive, not frazzled.



Smith is host of SiriusXM's *Bevelations*, the podcast *Bevy Says*, and the exclusive dining event *Dinner with Bevy*.

□ Send out invites.

"Use Paperless Post or another website for invitations—and let people know what's happening when. Designate a specific time for cocktails and hors d'oeuvres and a specific time for dinner. Informing guests of your plans is the best way to make sure you don't end up waiting for them."



□ Buy the hors d'oeuvres.

"Always cheat where you can. I cut down on prep time by buying premade frozen canapés. People love pigs in a blanket. They love mini quiches. If I'm feeling really ambitious, I'll do pan-fried lamb meatballs—just ground lamb, breadcrumbs, onions, and chives—but I serve them with store-bought tzatziki sauce."



□ Draft your seating chart.

"You know those people who can talk to anybody, who are great listeners and are interested in everything? I call them ringers. You need those. Every gathering has at least one person who has to be the main event. You sit a ringer next to him at the dinner table or usher him to a corner where he can reign supreme and just guide your ringers over to him, like a receiving line."

□ Clear the decks.

"Sometimes it's really helpful just to get extra people out of the house. For holiday dinners, my sister will stay at home and cook, and I'll take her kids and our parents to the movies. By the time we come back, the food's all done and we can help get ready for the party."

□ Raise the bar.

"The most important thing you can do—ever—is have cocktails already pre-batched. I prefer something light and bubbly, because who doesn't like to sparkle during the holidays? Put a few pomegranate seeds—you can buy them loose—and a drop of St-Germain in each flute, and then pour chilled Prosecco just before everyone arrives."

□ Get gorgeous.

"People come over to spend time with you. You don't want to welcome them with a cooking spoon in your hand and your hair in disarray. Put on a sequined sweater and nice flats—that says party, and it's not hard! You open the door dressed for the occasion, cocktail in hand, and you look like you're entertaining."



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with room for food,
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meal prep

simplified

The IKEA RIMFORSA series is a natural way to a clutter-free worktop. Made from steel, glass, and durable, easy-care, natural bamboo, the RIMFORSA series is a stylish way to organize kitchen essentials and keep them close at hand.



All the RIMFORSA products can be [hung up on a rail using stainless steel holders](#), getting them up and off the countertop, where space is precious.



The IKEA RIMFORSA series was created to address the small details. For example, this [container with glass jars and tubes beautifully displays cooking ingredients](#), spices, coffee and breakfast cereal. Keeping your workspace clean and stylish has never been easier.

Designed with the latest technology in mind, the RIMFORSA [media holder gets phones and tablets off the countertop](#) and away from dirty fingers. With your cookbook or tablet placed where you can easily read it, new recipes come together much more quickly. Learn more about the RIMFORSA series at [IKEA-USA.com](#).



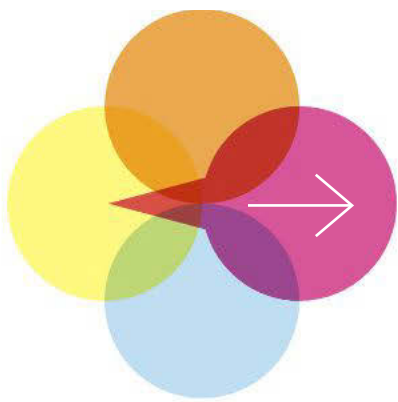
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A photograph of a modern building with a textured concrete facade. The building is composed of large, rectangular panels of light-colored concrete. In the background, a tall glass skyscraper is visible against a clear blue sky. The text "NINE WEST" is overlaid in white, bold, sans-serif capital letters across the center of the image.

NINE WEST



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Special

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ON THE COVER: Oprah photographed by Jake Rosenberg of The Coveteur. **FASHION EDITOR:** Jenny Capitain. **HAIR:** Nicole Mangrum. **MAKEUP:** Derrick Rutledge. **MANICURE:** Gloria L. Williams for Footnanny.com. **PROP STYLIST:** Stephanie Mark of The Coveteur. **FOOD STYLIST:** Karen Gillingham. **SET DESIGN:** Fi Campbell for Still Sets. *On Oprah:* Caftan, Badgley Mischka. Bracelet, Mizuki. Ring, Wendy Yue. *For details see Shop Guide.*



“I can have a relationship with this beautiful little being, and that helps me let everything else go.”





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to pick up now, including three standout debut novels and Anne-Marie Slaughter's provocative study of women's work-life balance...and more.



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CLOCKWISE FROM TOP RIGHT: DEVON JARVIS. MARKO METZINGER. CARMELO DONATO. LENNART WEIBULL. SILJA GÖTZ. THE VOORHIES. CODY PICKENS.



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When are you
your most
authentic self?

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When I'm walking
with my dogs.

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When I'm in the tub
surrounded by bubbles.

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When I write. It's
just me and the
page—what the world
wants me to be
ceases to matter.

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I like to think I'm always
authentic because my mother
and grandmother taught me
to only be me and to remember
where I came from.

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When I'm with
my husband. We've
been married
for 31 years, and
the poor guy has
seen all of me.

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O'S CIRCLE OF FRIENDS

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When I'm with friends, some
of whom I've known for more
than 40 years, at our annual
"beautiful beach babe" reunion
in Florida. No husbands, no
kids, no holds barred!

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parents' dinner table.
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your most
authentic self?

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When I'm playing
and laughing with
my children, Cormac
and Charlie.

When I'm in the kitchen
trying out new recipes.

When
I travel.

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While wearing
sweatpants
and watching
30 Rock.

When I'm with my
sisters. They make me
feel totally comfortable
with who I am--and if
I weren't being true to
myself, they would call
me out on it anyway!

After a few
glasses of
Chardonnay.

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Contributors

True Colors

Five of the creative minds behind this month's issue prove there's nothing like the real thing.



ALICE OGLETHORPE

Writer

"The New Rules of Stretching"
page 93



The most genuine person

I know is...my father. He acts however he wants, no matter if it's embarrassing—he'll do the "Gangnam Style" dance even though it's not cool anymore.

Most people don't know

that I'm...full of self-doubt. I project a lot of confidence, but I'm always worried that I don't really know what I'm doing.

Over the years, I've come to embrace...my tendency to cry. I used to think that I needed to get my emotions in check, but it's who I am!

I stay true to myself by...asking what my 80-year-old, wrinkled self would want me to do.



MICHELLE GATTTON

Food stylist

"A Moveable Feast"
page 138



The most genuine person

I know is...my soul mate, Mark. We come from completely different backgrounds—he's from Trinidad, and I'm from the Midwest—but we jibe together.

Most people don't know

that I'm...a 9/11 survivor. On the tenth anniversary, I got a small, simple square tattooed on my left wrist. It reminds me that I'm alive.

Over the years, I've come to embrace...going gray. Some of the most beautiful, sophisticated women I've ever seen are stunningly silver!

I stay true to myself by...never dissing my home state of Iowa. I'm a proud farm kid.



SANDY LINTER

Makeup artist

"The Beauty of Giving"
page 74



The most genuine person

I know is...Patti Hansen. Even though she became a supermodel and married Keith Richards, she's still the same girl from Staten Island, New York, I first met in 1976.

Most people don't know

that I'm...67 years old. Being a makeup artist certainly doesn't hurt!

Over the years, I've come to embrace...spending time alone. Now when I come home at night and it's just me, that's fine.

I stay true to myself by...seeing my everyday clients at a hair salon. It's a good reminder that when I'm with an actress or a model, I'm just there to do makeup—her life isn't mine!



GLORIA STEINEM

Writer

"Come Together"
page 112



The most genuine person

I know is...Alice Walker. Never have I seen her say what she doesn't mean, and her open heart is her compass.

Most people don't know that I'm...afraid of public speaking. I used to try to avoid it, but finally, it has taught me that when we're in the same space with all our senses, we empathize with each other in a way that could never occur on the page or screen.

Over the years, I've come to embrace...my inability to keep regular hours, work in an office, or follow a routine. **I stay true to myself by...**doing work that I love with people I love.



NANCY JOHNSON

Writer

"The Deafening Silence"
page 125



The most genuine person

I know is...my late father. He had contrarian views and didn't care whether he offended people's delicate sensibilities.

Most people don't know that I'm...a fierce Scrabble player. People think it's just a fun game, but I see it as a blood sport—I play to win!

Over the years, I've come to embrace...my nerdy side. I used to view my love of books as more of a handicap, but being smart is the new cool.

I stay true to myself by...trusting my instincts. I'm still a recovering people pleaser, but I'm less concerned with earning approval than I used to be.

GARNIER
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NOURISHING
**BETTER
COLOR**

“YOU WANT
MORE?
YOU GOT IT!”

— TINA FEY IN #63

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2X MORE
NOURISHING
CONDITIONER

**NOW WITH DOUBLE THE
AVOCADO, OLIVE & SHEA**

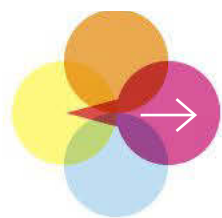
- richer, radiant, longer-lasting color
- silkier, shinier, nourished hair
- 100% gray coverage
- 56 nourishing shades



GARNIER



#WordsOfWisdom



Behind the Scenes

Inside Oprah's THANKSGIVING

No matter what else is on the menu, guests can count on two traditions: bubbles and a knockout dessert.

SINCE WE CAN'T ALL BE LUCKY enough to score an invite to Oprah's, here's a peek at her plans for this year's holiday. After everyone sips flutes of pink Champagne, she'll serve a delectable multicourse meal developed by her chef, Sonny Sweetman, featuring fresh produce from her garden ("Brussels sprouts are underrated," says Oprah). The grand finale will be a luscious sweet potato pie from baker Sam Godfrey based on his grandmother Pearl Turner's recipe. Oprah's verdict: "I dare you to find a better-tasting pie." For a selection of Oprah's Thanksgiving recipes, go to oprah.com/novemberrecipes. —CLARISSA CRUZ



LIFE OF PIE "My beloved grandmother would be astounded at the thought of her little pie being in *O* magazine," says baker Sam Godfrey, founder of Perfect Endings in Napa, California. You can order your own at perfectendings.com.



GREEN DAY One of Oprah's favorite touches: a printed menu (above) by Charles Fradin Home (charlesfradinhome.com). Right: Place settings (Chinese Bouquet in green; herendus.com) match the verdant centerpieces by Lily Lodge (lilylodge.com).



SIPPING PRETTY Oprah starts the feast with Billecart-Salmon Brut Rosé Champagne (melandrose.com); with the meal, she serves Promise Cabernet Sauvignon (promisewine.com).



"Even Stedman's aunt, who makes a fantastic sweet potato pie, says this one is better."
—Oprah



SHOW AND TELL Our cover photographer, Jake Rosenberg of The Coveteur, gives Oprah a preview.

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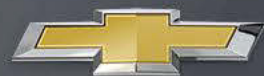
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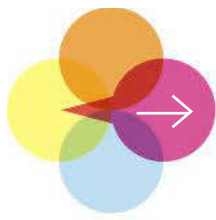
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CHEVROLET





The Question

This month we're wondering...

What are you most thankful for this year?



Being able to hug and kiss my husband (a 32-year veteran of the Houston Police Department) when he leaves for work six days a week, challenging my ESL students to grow and become compassionate leaders, and reading *O* from cover to cover. I have an amazing life!

MARGARET ANN FONTENOT
Magnolia, Texas

That my son, whom I sponsored to come to Toronto from Mozambique almost ten years ago, recently got engaged to his girlfriend of three years. They are a beautiful team—artistic collaborators and generous human spirits. It's an enormous

gift to witness him thriving and living such a big life.

CATHY MacKINNON
Toronto



As my brother and sister celebrated their 50th birthdays this year, our family also hit a remarkable milestone: We've been a group of 13—mom, dad, and their 11 children—for half a century! We all know how blessed we are to still be together, and none of us takes it for granted.

KATHY GUTCH NESTOR
Hazlet, New Jersey

My divorce. It made me become me again. Little by little, I peeled away layers of sadness and

realized that I needed to love myself before someone else could. Today I am happy and madly in love with my best friend, who sees life and family like I do.

PEGGY MARTIN
San Miguel de Allende, Mexico



This has been a year of many changes: I moved to Atlanta, found a new job, vacationed in Spain, and finally got my novel published! Holding the finished book in my hands brings me such unimagined pleasure.

TERESA PEIPINS
Decatur, Georgia

This year my fiancé and I moved to a new state to start our life together. But a few months later, he was diagnosed with cancer. My girlfriends have gone above and beyond to support us by staying connected, checking in, giving advice, showing love, and offering shoulders to cry on—even though they're thousands

of miles away. There is no way I could ever thank them enough; my love for them shoots to the moon.

TERRY ORTH
Powell Butte, Oregon

My personal trainer. I am a healthier, happier person because of him, and today, at 38 years old, I am in the best shape of my life. I can't wait for what next year brings us!

JAIME BASSETT
San Diego



That my daughter has turned into a strong, independent woman. She was paralyzed in a car accident when she was 10 years old; now she's going into her senior year of college and competes in marathons across the country in her racing wheelchair. She cares about making a difference in the world—and it brings me peace knowing that she always will.

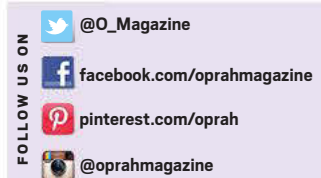
KRISTA RAUSIN
Cape Coral, Florida

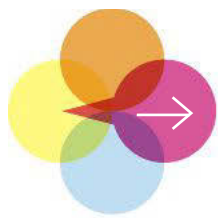
→ OUR NEXT QUESTION

What are you looking forward to saying goodbye to in 2016?

Tell us at oprah.com/question or email us at thequestion@hearst.com, and your response could be featured in our January issue.

Submissions chosen for publication may be edited for length and clarity. All submissions become the property of Hearst Communications, Inc., and may be published, along with the name of the individual, in any and all *O, The Oprah Magazine*—branded media now known or hereafter developed.





We Hear You!

In September, you appreciated the power of storytelling.

Happily Ever After

When I was 12 and in the sixth grade, there was an actress I thought was just fantastic. Her name was Anne Francis; she was beautiful, she had an amazing voice, and she was sassy. So I wrote in my diary (pink with a gold key) that when I grew up and could do what I wanted, I would change my name to Kathie Francis. Fast-forward to June 1968, the day I married A. Ward Francis—and changed my name to Kathie Francis! Thanks for “What’s Your Story?” It reminded me of my own.

KATHLEEN W. FRANCIS
Nantucket, Massachusetts

Thank you for the September feature “What’s Your Story?” This was one of the best themes I’ve seen since subscribing to O almost 15 years ago. I’ve been writing in various capacities—moonlighting freelancer, hobbyist, journal keeper—for decades, but had never considered looking closely at the day-to-day things right under my nose, such as the examples mentioned in “The Small Stuff” and “One Day at a Time.” The ideas I’ve gleaned from this issue will keep me busy for quite a while.

GERI HOEKZEMA
Vancouver, Washington

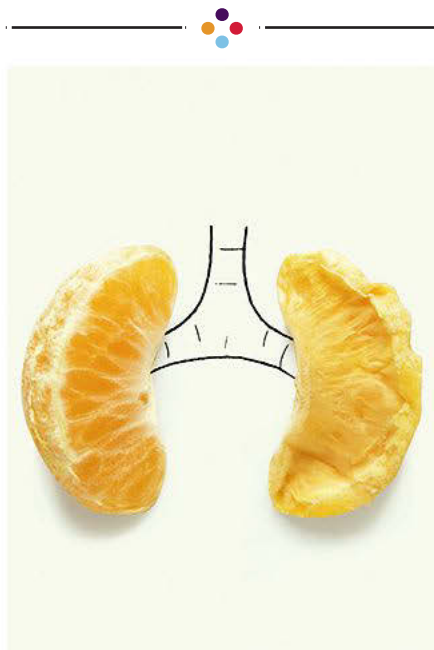
I am writing to express my appreciation for “The Unreliable Narrator” by Brené Brown. With time and a lot of practice, I think anyone will find Brené’s process for engaging with our emotions helpful in making every moment feel real. In my opinion, that’s what our lasting memories and stories are made of: moments of time. Thanks again for this article—it helped me continue to chart a new course in life!

ANDREA ESPOSITO
Staten Island, New York



Ah, O! You never let me down. This issue was spectacular—and “What’s Your Story?” was the best. It will be read over and over for inspiration. Thanks!

FRAN SMITH
Montgomery Village, Maryland



Breath of Life

At age 28, I was diagnosed with stage IV lung cancer. I was a former college athlete and had never smoked. Three years later—after chemotherapy, surgery to remove my entire right lung, and months of debilitating radiation—I am working as a spokesperson and patient advocate for the Bonnie J. Addario Lung Cancer Foundation (ALCF) and participating in the Genomics of Young Lung Cancer study, mentioned in Aimee Swartz’s article “The (Non-) Smoker’s Disease.” Because of this study, and the amazing care I received through the ALCF, I am starting to think about life after cancer (including the possibility of a baby!). Thank you so much for bringing this story to the attention of your readers. There are thousands of young, healthy, athletic women like myself out there facing a diagnosis like mine. They so desperately need to know that this isn’t their fault, and they aren’t alone.

EMILY BENNETT TAYLOR
Woodland Hills, California

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Diagnostic Checklist

Check all that apply:

- ☐ 1. Itchy Skin
- ☐ 2. Sensitive Skin
- ☐ 3. Dry, Flaky Skin
- ☐ 4. Irritated Red Patches
- ☐ 5. Eczema Flare-ups



"Being able to identify different skin needs,
AND the right products to address them,
is one of the easiest ways to achieve
healthy looking skin."

—DR. FLOR MAYORAL, MD

If you checked the following boxes on the previous page, you'll welcome these skincare suggestions:



✓ **1. ITCHY SKIN**

Cold weather, low humidity, excessive bathing and strong soaps can leave skin irritated.

To comfort skin that's dry and itchy, try **Eucerin Skin Calming Creme**. The natural oatmeal and emollient-rich formula soothes skin and provides 24-hour moisturization.



✓ **2. SENSITIVE SKIN**

When you have sensitive skin, it can be unpredictable and challenging to identify the cause.

Deep and gentle moisturizing creams are perfect for the driest and most sensitive skin. **Eucerin Original Healing Creme** protects skin from moisture loss. This formula relieves dry skin associated with psoriasis and won't clog pores.



✓ **3. DRY, FLAKY SKIN**

Chemicals, weather, sunlight, and detergents can all leave skin rough and flaky.

Use a lotion like **Eucerin Intensive Repair**, which doesn't just moisturize skin, but repairs it with a unique triple-action formula that gently exfoliates, hydrates for 24 hours, and fortifies skin, leaving it looking healthy and radiant.



✓ **4. IRRITATED RED PATCHES**

While the exact cause is unknown, when you suffer from eczema, it's hard to imagine a day without scratching.

Eucerin Eczema Relief Body Creme's unique steroid-free formula is clinically proven to fortify dry, itchy, eczema-prone skin. With daily use, **4 out of 5 children** remained flare-up free for up to **6 months**.

✓ **5. ECZEMA FLARE-UPS**

For sudden eczema outbreaks, try **Eczema Relief Flare-Up Treatment**, which instantly calms, soothes, and relieves minor skin irritation and itching due to eczema flare-ups.

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Work of Art

I loved "Artists in Residence" in the September issue. I was privileged to see Vanessa German's sculptures last year at Crystal Bridges Museum of American Art in Bentonville, Arkansas—and heard the story of her open heart and porch in Homewood, Pennsylvania. My admiration knows no bounds!

MARY BETH CARTER
Oklahoma City

The Right Stuff

I absolutely adored Martha Beck's article "Life's Not Fair" and her emphasis on doing what is right and true for you. Living consciously on a complete and wholesome diet of integrity is not only delicious, but also a proven method to acquire health and happiness.

JULIANNE MAZZAWI
Walpole, Massachusetts

I love this magazine, cover to cover. O, I feel like you're sitting in my living room chair with me! And Martha Beck: Kisses to you; you have saved my mental health. Humor, insight—you've got it all, girl.

SUSIE M. COOPER
Manistee, Michigan

We Hear
You!

LONG STORY SHORT

In our September issue, we asked you to share the (very condensed!) story of your life on Twitter and Instagram using **#1SENTENCESTORY**. Here are a few of our favorite responses.

@RVUNBOUND3 Like the tree in Brooklyn, I bloomed where I was planted and encouraged others to do so as well.

@ANNIEMUMARY There were plenty of things I could have said but thinking better of it, I went home, called a friend & we laughed all nite.

@NICOLEB8031 Not what I planned but it's working.

@TAMMYLALLY Sought it all, let it all go.

@SARUPPA Regrets are a waste of time, life needs full time to be accomplished.

@THEWILDBIRDINN I took a train to my wedding day, some say it was the ride of desperation, some say it was the ride of my salvation.



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Hair by Antoinette Beenders.

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Here We Go!

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W

WHEN IN YOUR LIFE have you felt most free? Were you with someone who makes you totally comfortable? Maybe. Were you doing something you truly loved? Possibly. The important thing: Were you pretending to be someone you weren't—or being completely yourself? The latter. Definitely.

Here's why I'm so sure: It's impossible to feel light and easy if you're holding back how you really feel and who you really are. And doing the opposite—expressing yourself without fear or worry—is the most freeing thing imaginable.

Unfortunately, it can be hard to, as the kids say, do you. Why? Because you can't predict how people will react. But incredible things happen once you drop the facade, as you'll discover in this month's roundup of stories on becoming the you-est possible you (page 118).



You're also invited to come along as Iyanla Vanzant guides a struggling sister through a tough time (page 54). You'll see four women—each of whom has made generosity her business—receive well-deserved makeovers (page 74). You'll meet a menagerie of adorable animals whose stories will, I promise,

bring a tear to your eye (page 132). And finally, you'll learn a few fantastic dishes to bring to your Thanksgiving potluck (page 138).

Just make sure you also bring the real you to dinner.

Enjoy!



Here You Go!

Join the Circle to hear—and see!—what's happening behind the scenes at Omagcircle.com

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THE
BEST
MORNINGS
ARE
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*"The most exhausting
thing in life,
I have discovered,
is being insincere."*

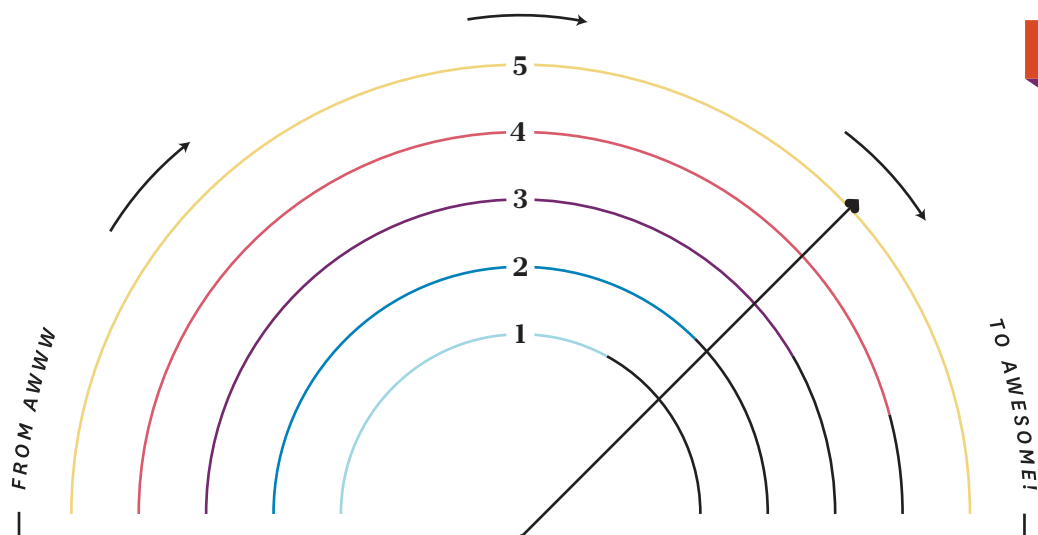
—Anne Morrow Lindbergh



BLEND IMAGES/GALLERY STOCK

The Gratitude Meter

Five things we can't stop smiling about this month.



1

DAD HAIR DAY

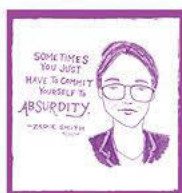
At Envogue Salon in Denver, dads and their daughters are invited to mix it up at Beer and Braids, where devoted pops receive one-on-one tutorials from stylists on how to twist, scrunch, and brush with the best of them. There's root beer for the girls, and the dad who does the finest do takes home a six-pack.



2

CALLS OF THE WILD

Do you know what a Western tanager (above) sounds like? Or a Lichtenstein's sandgrouse? Find out at Cornell University's Macaulay Library. With audio clips dating from 1929, it's the world's largest wildlife sound archive, including nearly 150,000 recordings of animals like loons, lemurs, and leopards. For more species sounds, visit macaulaylibrary.org.



3

ON THE SAME PAGE

Illustrator and dedicated bibliophile Kate Gavino's debut collection, *Last Night's Reading*, features quirky portraits of authors like Zadie Smith (above), Junot Díaz, and Marilynne Robinson, along with snippets of advice they've shared ("We read books to rehearse for life," says Lois Lowry) during literary events in and around New York City.



4

SOME TIMES A GREAT NOTION

Two designers are taking cutlery to the next level. Turned off by the thought of utensils moving from food to table and back again, the duo came up with Cantilever flatware, a set of culinary implements (forks, spoons, knives, even chopsticks) made with an upward tilt that keeps the business end above the table. Neat! (ilovehandles.com)



5

CHANGE OF HEART

Julianne Moore and Ellen Page (above) star in the super-sad true love story *Freeheld*, a film about New Jersey police detective Laurel Hester (played by Moore), who, when diagnosed with cancer in 2005, fought lawmakers for the right to pass her pension to her domestic partner—paving the way for stronger gay rights in the Garden State. —ZOE DONALDSON



Galleo with rapper Wiz Khalifa on *Jimmy Kimmel Live!* in 2014.

YOU DO WHAT?!

Music to Her Hands

Think hip-hop and sign language have nothing in common? **Amber Galloway Galleo** is setting the record straight.

ON FINDING HER GROOVE

"I studied physical therapy in college, but I gravitated toward the deaf community there—and learned I was a natural at American Sign Language. I would sign songs for friends (I do a mean 'Baby Got Back'), and they'd say other interpreters never used their body the way I did. At a San Antonio arena, I saw what they meant: The interpreters looked like they were at a city council meeting. So I asked the show's coordinators if I could take over. Fourteen years later, I own a company, Amber G Productions, that provides interpreters for venues."

ON BREAKING IT DOWN

"My job is to accurately convey what an artist is saying—and I never censor. For a song called 'My Wena' about a man's package, I had to sign very literally. The crowd was hysterical—I guess my imagery was spot-on!"

ON HER ENCORE

"I have about 400 concerts under my belt, from Madonna to Lorde to Snoop Dogg. I also perform at festivals, where I memorize up to 150 songs. But even when I'm exhausted, I'm thinking, *What's next?* There will always be more songs to put on my hands." —AS TOLD TO Z.D.

IT'S THE STOPS
THAT INSPIRE
US TO GO.



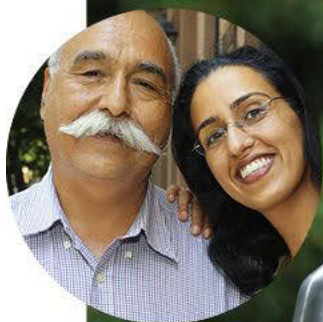
Toyota Camry | toyota.com/camry

Prototype shown with options. Production model will vary. ©2015 Toyota Motor Sales, U.S.A., Inc.



WHEY COOL

A finance lawyer leaves the corporate world and puts more culture in her life.



Dashtaki in August; (above) with her father, Goshtasb, in 2013.

FOR HOMA DASHTAKI, making yogurt by hand isn't just an artisanal pursuit—it's a tradition. In her native Iran, people rarely buy yogurt at the grocery store: "My dad made it at home, like most everyone else in the Persian community," says the 36-year-old, whose family moved to California in 1987. It was Dashtaki's dad, Goshtasb, a former sandwich shop owner, who inspired the White Moustache, the yogurt company the duo cofounded in 2010. (An illustration of his bushy facial hair is on every label.)

While she now spends long hours in a Brooklyn kitchen, she

used to spend her days in a corporate office as a finance lawyer. After being laid off in 2009, Dashtaki bounced between jobs, picking avocados on a farm and teaching yoga. Yearning for some father-daughter bonding, Dashtaki and her dad decided to make a few gallons of her childhood staple—and the White Moustache was born. Now the entrepreneur's workday involves heating vatfuls of milk. "The staff and I coddle every single batch and treat it like a living creature," Dashtaki says. "We call it 'putting it to bed' while it rests at night."

The White Moustache is now sold at dozens of gourmet shops in the



New York City area, and foodies praise its rich yet light texture and unique ingredients like sour cherries, walnuts, and beets. Of course, her dad checks in frequently. "He says with disappointment, 'Homa, you should really get more machines—ramp up production so we can go international and modernize. This tastes just like it did in the old country.' But I think that's the best criticism ever." —**MOLLY SIMMS**



WOMEN'S WORK

The Good Fight

A HARROWING CHAPTER in history finally gets its due with *Suffragette*, starring Carey Mulligan (above right) and Meryl Streep as crusaders for women's voting rights in Great Britain. The film chronicles the battles of the Women's Social and Political Union (WSPU), a militant organization founded in 1903 by Emmeline Pankhurst (played by Streep) that protested with radical measures like rock-throwing campaigns and hunger strikes. Here, we highlight a few of the movement's unsung heroines.



The Leader of the Pack

Flora Drummond

Drummond oversaw the WSPU's Cycling Scouts, a troop of valiant suffragette riders who circulated information to women living outside city centers. Her fondness for military garb (she often wore epaulets and attended marches on horseback) earned her the nickname General.



The Undercover Agent

Lady Constance Lytton

After realizing that her heart condition—and prestigious family—earned her preferential treatment from prison officials, Lytton disguised herself as a homely suffragette named Jane Warton so she could endure the brutal treatment that less wealthy detainees suffered. (Many hunger strikers were force-fed.) In 1914, she published *Prisons and Prisoners*, a memoir of her four experiences in jail.



The Martial Artist

Edith Margaret Garrud

Described as "the suffragette who knew jujitsu," Garrud (who first saw the sport performed in a theater with her husband, also a physical education instructor) taught self-defense courses to fellow members of the WSPU. In 1913, she trained a female unit called the Bodyguard, whose main mission was to protect Pankhurst, recently released from prison. —**Z.D.**



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Kindred Spirits

Oprah calls it her "love note to viewers"—a special event that's been three years in the making. *Belief*, which airs on OWN in October, is a globe-spanning exploration of love, spirit, and the mystery of faith. Here, a look at what it took to bring the series to life.

BY Arianna Davis



Sacred Union
RENA GREENBERG, BROOKLYN
Greenberg, a Hasidic Jew, has never had a moment alone with her fiancé. But as she prepares for her wedding day, she stays confident in her faith. "The soul is constantly seeking its other half. God sends you down into this world, and he's setting you up for success."



The Circle of Life
KAREN CAVANAGH, KONYA, TURKEY

After recovering from a brain injury caused by a surfing accident, Cavanagh trains to become a whirling dervish, a follower of a mystical branch of Islam who meditates through a spinning dance. "The dervishes wouldn't allow our crew just to film them—we had to practice with them, too," says Eric Strauss, one of four directors of the series. "It's hard shooting a story when you're trying not to topple over!"

A DERVISH WHIRLING in a brilliant sea of white. A man and his grandson walking along the coast of northern Australia. A scientist peering at a star-drenched sky through one of the planet's most powerful telescopes. None of them have ever met, but they all have one thing in common: a deep faith in something bigger than themselves.

Belief will tell their stories and others as it explores mankind's primal search for meaning. "Eight years ago, *Planet Earth* made me fall in love with Earth," says Oprah. "I want *Belief* to do the same thing—help people connect to their own faith, learn who they are, and discover who they are meant to be. This is my *Planet Spirit*."

When production company Part2 Pictures brought the idea to Oprah in 2012, the OWN team was inspired. "Storytelling is in our DNA," says OWN president Sheri Salata, an executive producer on the project, "so we didn't want to just interview faith leaders or a panel of experts on religion. We wanted to meet real people and see their passion, feel their emotions." A plan was hatched to send the Part2 crew all over the world in search of moving and relatable experiences. "Yes, there were moments at the beginning when it seemed like a completely crazy task—like we were out of our minds!" says Salata. "But we all knew if there was anyone who could do this kind of story justice, it was Oprah."

Culled from over 800 hours of

interviews with more than 100 people, *Belief* is a blend of personal, provocative vignettes and breathtaking imagery. The series introduces believers across the globe, from a 9-year-old Pacific Islander proving his courage and faith by leaping from a 65-foot wooden tower to a grieving mother struggling to forgive her son's murderer.

Creating the series took three years, dozens of cross-country flights between Part2 Pictures in New York and OWN in Los Angeles, and Oprah's own funding:

"This idea came up when the network couldn't afford to take many risks, so it became my passion project—literally!" The challenge was worth it. "So many people say 'I'm not religious, but I'm spiritual,'" Oprah says. "Well, you cannot move through life without a belief system, whether that's art, music, fashion, science, or God. Whatever you devote yourself to, that is your belief. I'm in a good place now because I know that we've captured that. In my soul, I'd be proud for this to be my life's work."

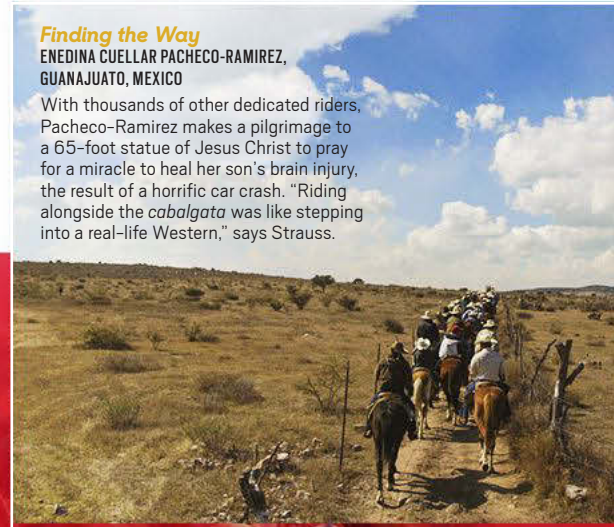
"You start thinking, Hey! I'm Bar Mitzvah. Now I should [start] questioning things. Why is the sky blue? Why is the grass green? Is God a person with an old white beard?"

—Mendel Hurwitz, 13-year-old preparing for his Bar Mitzvah ceremony

Finding the Way

ENEDINA CUELLAR PACHECO-RAMIREZ, GUANAJUATO, MEXICO

With thousands of other dedicated riders, Pacheco-Ramirez makes a pilgrimage to a 65-foot statue of Jesus Christ to pray for a miracle to heal her son's brain injury, the result of a horrific car crash. "Riding alongside the *cabalgata* was like stepping into a real-life Western," says Strauss.



True Colors

HINDU WORSHIPERS, VRINDAVAN, INDIA

Every year at the start of spring, Hindus the world over celebrate new life with a festival of colors called Holi, in which believers shower themselves in a riotous palette of vivid paints and powders. "During filming, the cameras and the crew were covered in protective plastic," says executive producer David Shadrack Smith, "except for our feet, because we couldn't wear shoes in the temple. My toes were yellow and pink for months."





High Notes

MAIS, NAZARETH, ISRAEL

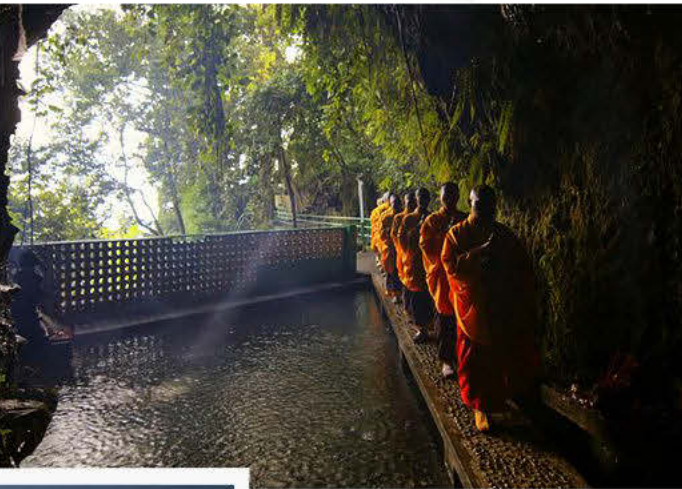
Bridging the divide between Israel's Jewish and Arab communities, two young girls—17-year-old Muslim flutist Mais (left) and 18-year-old Jewish cellist Hagit—join forces to perform classical music with the local Polyphony Orchestra. "Something as simple as music was able to bring these girls together," Strauss says. "Their story shows that a spiritual experience doesn't have to happen in a church or a temple."



Mind over Matter

SHAOLIN MONKS, ZHENGZHOU, CHINA

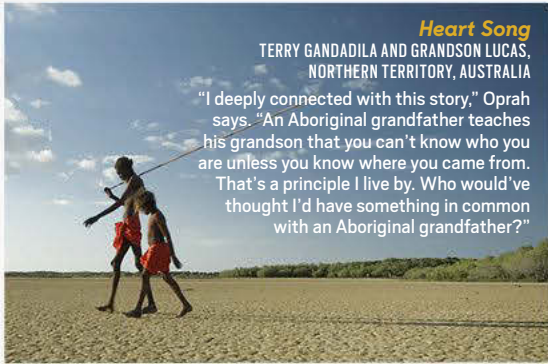
"We filmed this group of monks in the middle of August, during the worst heat wave China had seen in 50 years," says series director Peter Richardson. "But even while performing extreme martial arts, they barely broke a sweat. Now, *that's* discipline."



Heart Song

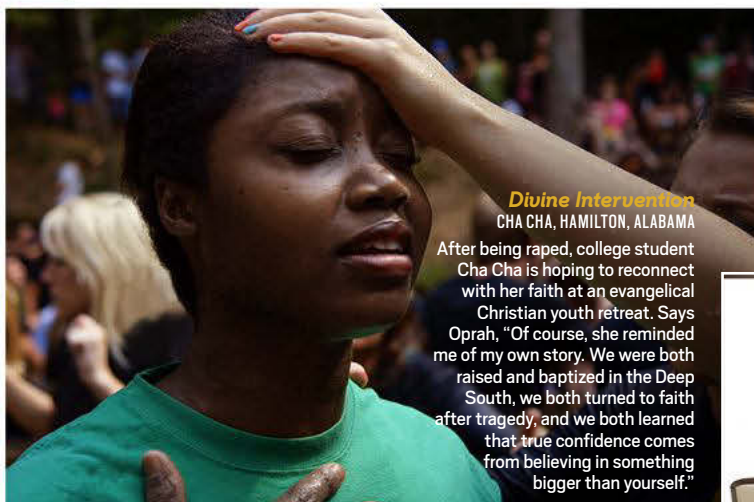
TERRY GANDADILA AND GRANDSON LUCAS, NORTHERN TERRITORY, AUSTRALIA

"I deeply connected with this story," Oprah says. "An Aboriginal grandfather teaches his grandson that you can't know who you are unless you know where you came from. That's a principle I live by. Who would've thought I'd have something in common with an Aboriginal grandfather?"



"There is a special power being with a whole lot of believers in one place with the same purpose. You don't feel alone.... It gives you hope."

—Cha Cha, evangelical college student



Divine Intervention

CHA CHA, HAMILTON, ALABAMA

After being raped, college student Cha Cha is hoping to reconnect with her faith at an evangelical Christian youth retreat. Says Oprah, "Of course, she reminded me of my own story. We were both raised and baptized in the Deep South, we both turned to faith after tragedy, and we both learned that true confidence comes from believing in something bigger than yourself."

Mazel Tov!

MENDEL HURWITZ, BUDAPEST

"When we set out to film this series, we wanted the subjects to be as broad as possible," Oprah says. "We see a 13-year-old in Budapest preparing for his Bar Mitzvah juxtaposed with a Pacific Island boy completing a rite of passage into manhood. They're very different, but they're searching for answers to the same question: *Who am I?*"



Belief by the Numbers

6

Continents visited during filming

33

Filming locations—from Chicago to China

150,000+

Miles flown during production

26

Local crews who helped the Part2 production team on the ground

800+

Total hours of footage

7

Total hours of the finished series

28

Languages (from Bhojpuri to Yiddish) in which the production team can now say "Thank you!"

Reaching for the Heavens
MARCELO GLEISER, ATACAMA DESERT, CHILE

When we meet Gleiser, an astrophysicist, he has traveled to Chile for a look at the universe through one of the world's most powerful telescopes. "This is our modern temple of worship," he says, "our bridge between who we are and the mystery of the unknown."



New Order
ANJU, MADHYA PRADESH, INDIA

A former cadet in the Indian Army, Anju is cutting all ties to her family and her former life in order to become a Jain nun. But she must first pass three tests designed to challenge her faith in Jainism, one of the world's oldest religions. "My heart was in my throat while we filmed Anju plucking every hair from her head before a crowd of more than 10,000 people," says director Michael Davie. "Seeing that kind of pure faith was awesome, and I really mean that word: We were full of awe."

Higher Calling

ALEX HONNOLD, MOAB, UTAH

A world-renowned climber, Honnold considers himself an atheist: He's devoted himself to the art of free solo climbing. But as he scales a towering desert cliff, he searches for meaning in his life. "I think the impulse that drives some people to religion is the same impulse that I have—to push my limits," Honnold says.



Solace and Strength

DONNA AND BOB WINZENRIED, COLORADO SPRINGS

"A lot of the crew saw parallels with their own life during filming," says Salata. "I was dealing with my mother's battle with cancer while we were editing this segment about a military wife's stage IV pancreatic cancer. Seeing how Donna and Bob leaned on their faith inspired me to tap into my own."



The Seekers

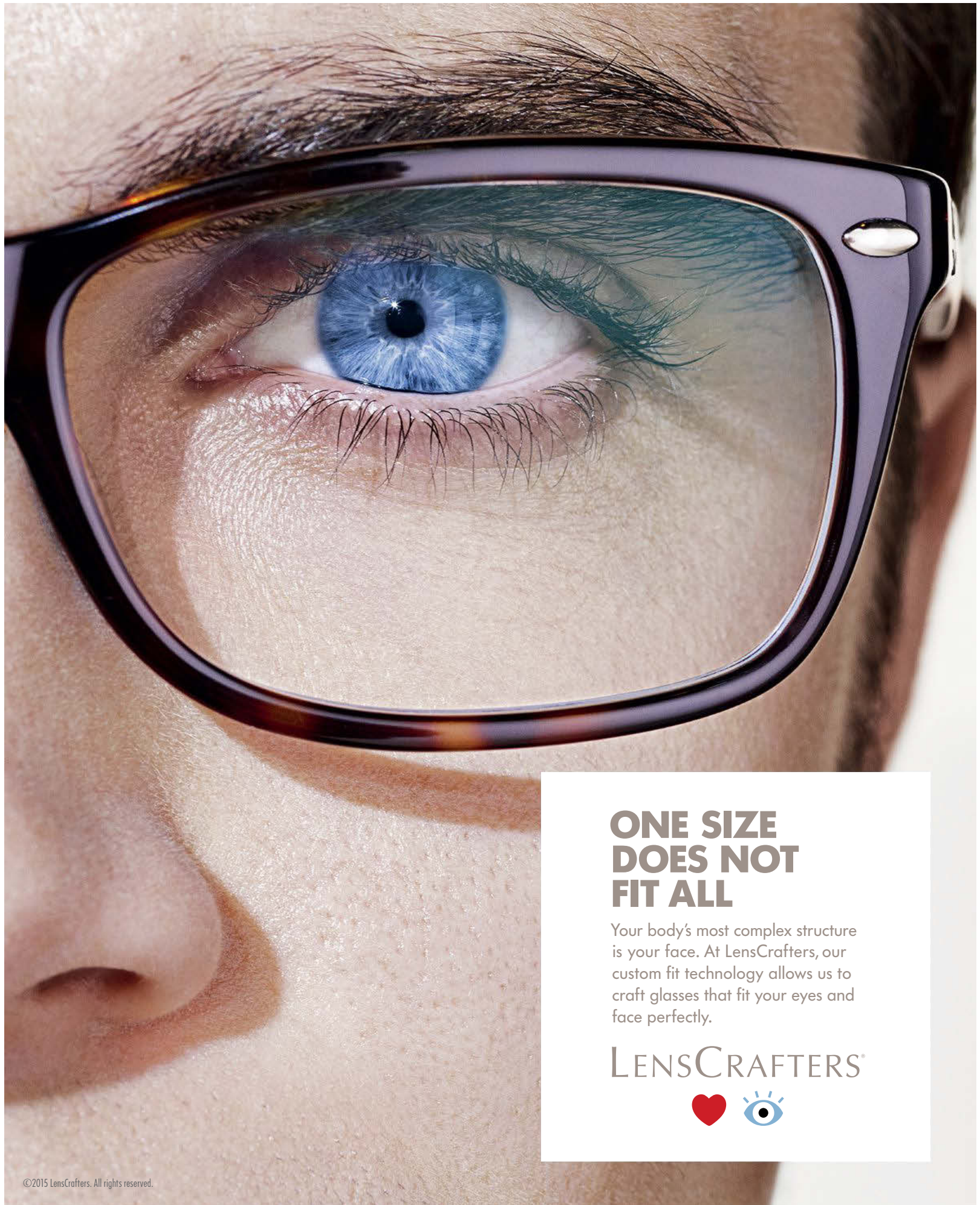
HOWARD AND SHANE FALLON, BLACK ROCK CITY, NEVADA

Howard is trying to move through his grief after losing his wife and youngest child. Along with his surviving daughter, Shane, he decides to try something radical: Burning Man, an annual week-long celebration of self-expression that was founded as a place of transformation. Oprah calls it "the craziest party you ever saw." Executive producer Greg Henry agrees that it's "known as a place of excess. But it was one of the most powerful spaces imaginable, filled with grief, love, passion—and healing."



"You can damage the brain, you can damage the body, but the center of... the person you meet... she was whole."

—Karen Cavanagh, **whirling dervish**



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THE WORLD ACCORDING TO Gayle

O's editor at large shares what she's loving this month.



JUST WHEN I THOUGHT...

I couldn't possibly add one more show to my TV list, Charlie Rose started raving about Ruth Wilson in *The Affair*. I tuned in for one episode, and thanks to Ruth and the extraordinary Dominic West, one episode turned into the entire season. We left off with a romance in full swing, a murder investigation, a child, and me ready for season 2, which premieres October 4 on Showtime.



I FIRST MET... Formula One world champion Lewis Hamilton years ago at Nelson Mandela's 90th birthday party, but racing just wasn't my thing...until now! In May, Lewis invited me to the Monaco Grand Prix, where George Lucas and his wife, Mellody Hobson, schooled me in Racing 101. I'm now officially hooked, and come October, I'll be in Austin cheering on Lewis in the United States Grand Prix. You can watch, too, on NBC—October 25 at 3 P.M. (ET)!

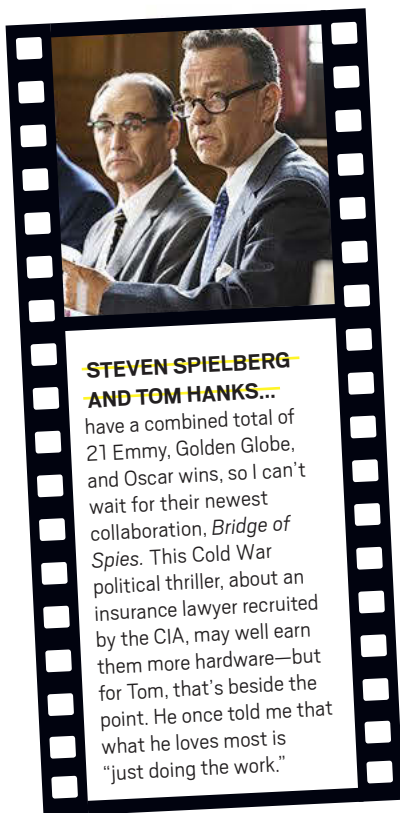


Top: With favorite daughter Kirby and Lewis in Monaco, before he burned rubber.



I AM NOT A GLUTEN-FREE GIRL...

so I was surprised when I tried the Kind Cake cupcakes and loved them. Rich in flavor and spirit, each comes with a message on the bottom encouraging you to be nice to others. Whether it's gooey chocolate with **TELL SOMEONE THEY ARE LOVED** or tasty vanilla with **WRITE A HANDWRITTEN THANK-YOU NOTE**, kindness tastes great. (\$36 per dozen; thekindcake.com)



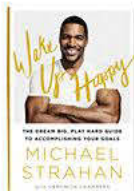
STEVEN SPIELBERG AND TOM HANKS...

have a combined total of 21 Emmy, Golden Globe, and Oscar wins, so I can't wait for their newest collaboration, *Bridge of Spies*. This Cold War political thriller, about an insurance lawyer recruited by the CIA, may well earn them more hardware—but for Tom, that's beside the point. He once told me that what he loves most is "just doing the work."

“It's hard to stay in a bad mood when you're grooving to a banging beat.”
—MICHAEL STRAHAN

IN HIS NEW BOOK...

Wake Up Happy, Michael says he uses music to do just that, like setting his alarm to play Bill Withers's "Lovely Day" in the morning. The *Live with Kelly and Michael* host, who seems as confident on TV as he always did on the football field, also shares that he sees himself as shy. Kind of surprising coming from Mr. Personality. Michael believes happiness is a choice we make. Michael, I'm with you!



I USUALLY HAVE TO HEAR A SONG...

a couple of times before I connect with it, but it was love at first listen with Sam Hunt's "Take Your Time." For those who still haven't discovered him, Hunt is a tender, rugged, laid-back storyteller—a little bit R&B, a little bit pop, and a whole lot country. If you haven't heard *Montevallo*, his debut album, prepare to be knocked out.

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Put others first...but go for what you want. Take care of those you love...but don't forget "me" time. Is your head spinning yet?

Martha Beck can help you walk the line between our culture's confusing commands.

Y

OU'RE SLOGGING

through a perilous wilderness, surrounded by quicksand, dangerous animals, and opportunities to die of exposure. You don't recall how you got here. You see just one path through this wasteland, and you're sticking to it for dear life—until you encounter a predicament. The path splits in two opposite directions, like the top of a T, each direction marked by a large sign. One points right. The other points left. Both say **THIS WAY ONLY!**

Now what?

We run into real-life versions of this scenario every day, because we live in a society based on profoundly divided values. Almost everything that dominates our lives (education, work, even play) demands and rewards individual achievement. ("Get good grades! Get promoted! Get the ball into the hoop!") But equally powerful social rules tell us to forget personal achievement and focus on supporting others. ("There is no I in team!") Whenever these values conflict, we hit that



crazy-making T junction, with its mutually exclusive instructions.

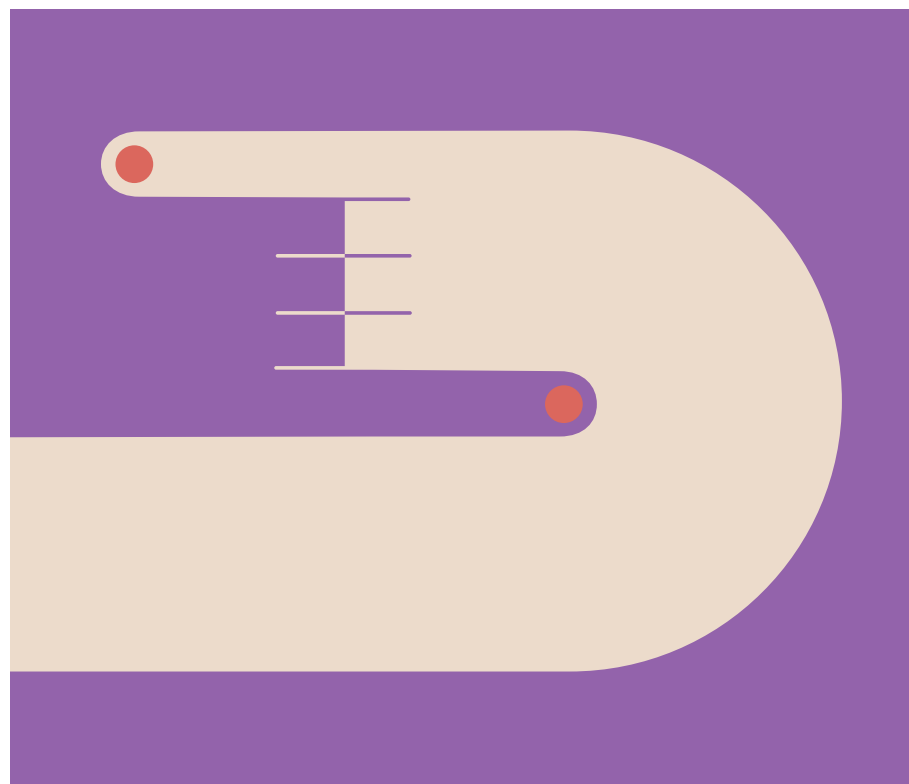
You may be facing such a situation right now. A friend's wedding is scheduled on the same day as an important professional conference. The babysitter calls in sick when you're already late for work. Your mom breaks a hip, and you can either pay for her surgery or invest in your own retirement. In countless situations like these, you face powerful, contradictory social mandates. So where is the sweet spot between honoring your obligations to others and honoring your obligations to yourself? Where's the line between responsible self-care and just being a selfish jerk?

Answering this question requires you to (1) recognize that you're caught between irreconcilable cultural directives, (2) examine each individual choice in light of all these directives, (3) choose the action that feels right to you regardless of social consequences, and (4) rest in your truth rather than join others in judging your choices.

Let's start with component 1. Bluntly put, you live in a no-win society—especially if you happen to be female. In one famous study, psychologist Inge Broverman and her colleagues asked mental health professionals to define a well-adjusted “man,” “woman,” and “adult, sex unspecified.” The experts described a healthy adult and a healthy man similarly, as active, independent, and logical. But a healthy woman, they indicated, was more submissive, less independent, and more emotional. Gentle reader, are you confused yet? If not, permit me to smack you with the ugly truth one more time: Broverman's study showed that oftentimes if you choose to act like a successful person, you'll be judged a bad woman—but if you act like a good woman, you'll be seen as an unsuccessful person.

This contradiction affects you constantly: when you're distracted and rushed frying up the bacon you just brought home; when you pull an all-nighter finishing work you postponed to take your sick dog to the vet; when you're promoted for strong leadership, then get a performance evaluation that says you're too pushy.

There is no “sweet spot” between these contradictory expectations, just four pos-



Standing at that impossible junction, we can make a radical choice. We can learn to fly.

sible options: Go left, and be judged for not going right. Go right, and be judged for not going left. Run frantically back and forth, and be judged indecisive and muddled. Or freeze like a deer in headlights, and be judged for not doing enough of anything. All these spots—believe me, I've done the whole tour—are bitter.

But wait! Didn't I say there was good news to go along with this cluster-clump of bad? I did. Einstein is believed to have once said, “No problem can be solved from the same level of consciousness that created it.” When the level of consciousness that creates a problem is a set of cultural values, the only solution is to stop following cultural rules at all. Standing at that impossible, unfair T junction, we can make a quietly radical choice. We can learn to fly.

I tell this to many clients, and they say, “Cute metaphor, lady. What the hell does it mean for me, right now, in practical terms?” Here's the process I recommend, one I use myself every day. First, review all the social rules

that apply to your situation. Then break them.

I'm not just being a smartass. When guidance from outside is clearly insane, the only place to look for sanity is inside. And a wonderful way to sense inner guidance is to feel ourselves pushing back against the rules of the system.

I once knew a Buddhist teacher who used his pet canary to illustrate this concept. Birds become airborne by jumping upward as they spread their wings. The teacher let his bird sit on his finger, but when it tried to jump, he dropped his finger downward. With no pressure, the bird couldn't generate lift. The moral? Resistance can be a good thing. To leave an insane system, we can push off whatever feels most wrong to find the path that's most right.

Suppose you're trying to choose between that important work conference and your best friend's wedding. You write down the rules you've internalized that tell you to choose the wedding. An abridged list of these rules might be:

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- ◆ **If I don't attend her wedding,** Donna will be hurt, and I must never hurt a loved one.
- ◆ **Friends and family are everything.** I should never pass up a chance to gather with them.
- ◆ **A best friend's wedding is a once-in-a-lifetime event** that trumps all other commitments, including my own death.

Of course, even as these beliefs conga-line through your head, an opposing set of social rules insists that you attend the work conference. Some of them might be:

- ◆ **I signed a contract.** Blowing off an important conference for personal reasons constitutes a breach of that contract.
- ◆ **Plenty of people would love to have my job,** and they'd skip their own wedding, let alone a friend's, to keep it.
- ◆ **If I miss this chance to shine,** it could slow or stymie my career for years.

Once you've written down all the rules on each side of the decision, read through each one while feeling for inner pushback. Pushback is any sense of tightening, clenching, anxiety, anger, or gloom that arises as you read a rule. Remember, pushback is a feeling, not a thought (initially, thinking will follow cultural guidelines into deadlock). When you feel pushback, stop. Let your inner resistance express itself. Write down what it says.

For example, as you read through the sentence, "If I don't attend her wedding, Donna will be hurt," you may feel simple agreement from within. But when you read, "and I must never hurt a loved one," you may tense or frown. Listening nonjudgmentally to this pushback, you may realize the rule is too absolute—none of us can guarantee we won't ever hurt a loved one in any way whatsoever. You may find that it feels truer to say, "I never want to hurt a loved one, though sometimes I may not be able to avoid it."

You'll need to go through all your rules, or a good many of them. But for this demonstration, let's skip to one from the second set listed above—the pro-conference list. Perhaps as you read, "I signed a contract," you feel pushback in the form of a slight sadness. When you listen, the feeling says, *I never wanted to give this company my whole life. I feel like I'm in prison.* The next sentence, "Blowing off an important conference for personal reasons constitutes a breach of that contract," may cause the pushback to intensify into despair, anger, or panic.

Let that feeling speak. It may tell you, *This job is obliterating my joy, and a joyless life isn't worth living.* Your new pushback-derived rule for living may be "No job is worth a total loss of joy."

This exercise is somewhat laborious, but less so than being caught between irreconcilable demands. If you actually do it, rule by rule, situation by situation, something terrifying and wonderful will happen. You'll see that you—not friends, bosses, parents, or generalized others—are responsible for all your choices. You'll also see that while no choice pleases everyone, there's always a choice that feels righter than the rest.

As you practice this way of living, people will find you peculiar, unpredictable. One day you'll choose a wedding over a conference, and just when everyone thinks they've got you pegged, you'll rear up on your hind legs and choose a conference over a wedding. Passersby may gossip. Rivals, relatives, politicians, and preachers may condemn. True friends will come; false ones will fall away. Because whatever choice you make, the process by which you make it will no longer have anything to do with them. You'll be operating from a new level of consciousness: not established custom or social approval, but pure, unabashed personal integrity.

If you think this way of making life choices sounds frightening, you're right. But it's also exhilarating. It will enable you to rise above insane systems and unfair criticism, responding creatively to every circumstance you face. Pushing off from more and more injustice and impossibility, honoring truer and truer rules, you'll gradually care less about others' judgments and more about inner peace. You'll find that like a migratory bird, you have an inner magnetism that always aligns you with true north. As you fly out on unprecedented adventures, looking down at the divided path a confused society laid out for all of us, you'll learn wisdom, confidence, and calm. Up there in the clear air of freedom, you'll find a sweet spot as wide as the sky. **Q**



Martha Beck's latest book is *The Martha Beck Collection: Essays for Creating Your Right Life, Volume One* (Martha Beck Inc.).

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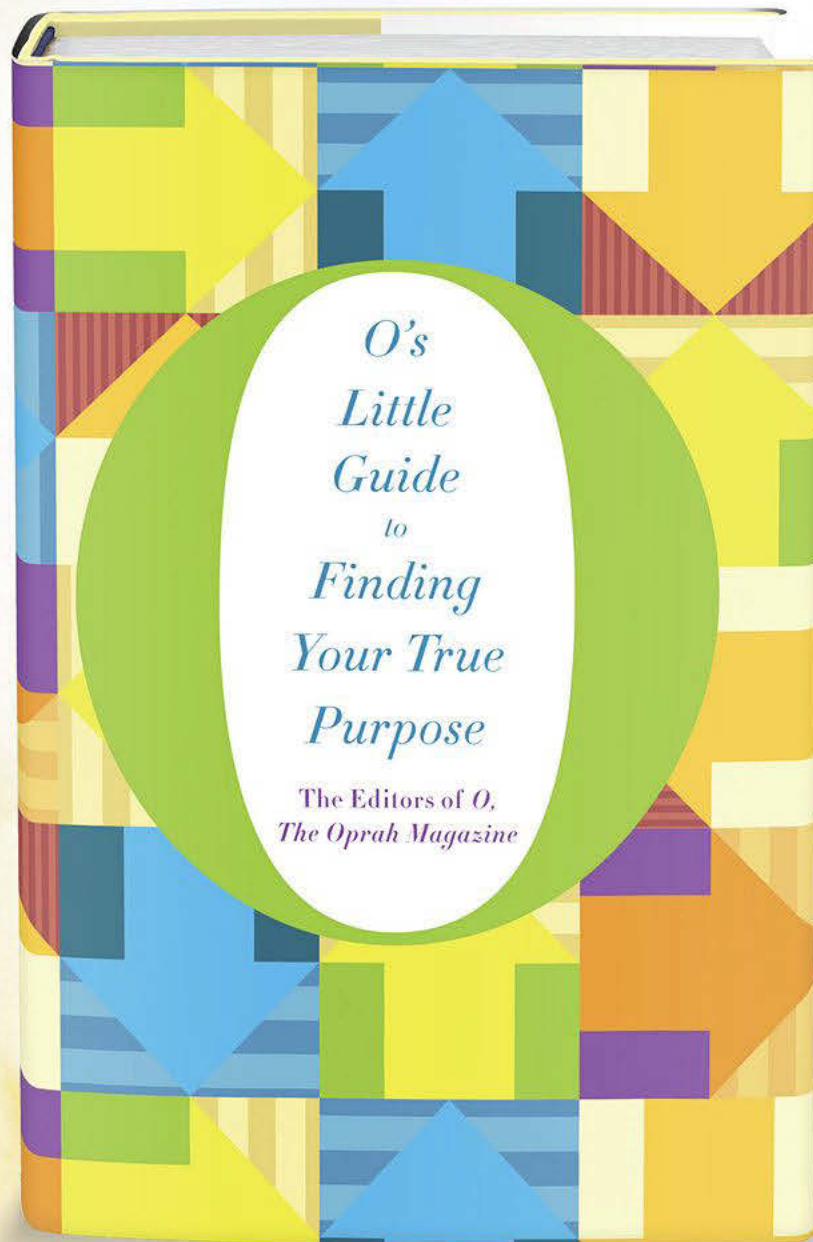
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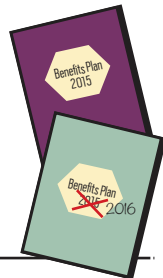
Open Season

If it's late fall and you have insurance through your employer, that can mean only one thing: time to review your benefits.

→ **PREPARE TO GIVE THANKS, my friend, because that special time of year is here: open enrollment season, when employers let you make changes to your health insurance coverage. If you're thinking major snore, think again. Companies are constantly tweaking their offerings, and that affects your bottom line. Carve out some time to make sure you have the right coverage at the right price. You might reap substantial savings.**

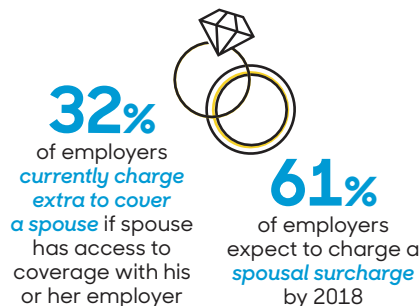
Are you leaving money on the table?

90% of employees say they typically keep the same benefits every year without reviewing their options

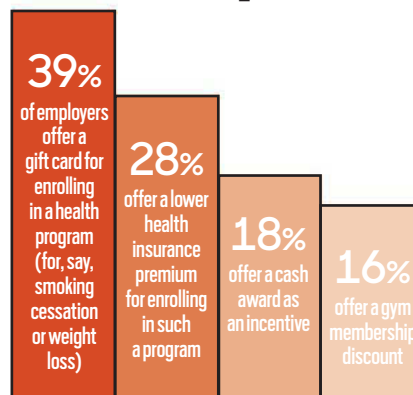


Get flexible

If your employer offers a flexible spending account (FSA), you are crazy not to look into it. FSAs are available for healthcare expenses and dependent care. Both let you put pretax money into a separate account: Money from a health FSA can cover insurance co-pays, deductibles, and medication, while a dependent-care FSA can be used for childcare (under age 13) and adult care for someone you claim as a dependent.



Wake up to wellness perks



\$750

More than **four in ten employees** admit they waste up to this amount annually by not making the best choices with their health insurance benefits.

Give your health insurance a checkup

Employers today are laser focused on managing their costs, and increasingly that involves shifting more of them onto you. But you have a few money-saving moves at your disposal:

■ **Look past the premium.** You also want to factor in the cost of your deductible, office visit co-pays, coinsurance, and charges for covering a spouse (see figures, *below left*). Know your plan's out-of-pocket maximum. While I hope you have eight months' living expenses in an emergency fund, you should, at the very least, have enough tucked away to cover that amount.

■ **Keep your doctors in network.** Some plans are moving toward narrower networks in an effort to manage costs. Check to see whether your favorite docs are still in network; if not, now is the time to interview new ones. Hate to switch? Find out what your maximum out-of-pocket will be if you go out of

network. If that amount reduces your emergency savings to less than four months of living costs, I'd urge you to reconsider.

■ **Consider a steeper deductible.** Many employers now offer high-deductible health plans (HDHPs) as a way to control rising costs. Yes, they may sound scary, but these plans let you set aside pretax money in a Health Savings Account (HSA) that you can use to cover many healthcare expenses (however, you are not eligible to contribute to a healthcare FSA in the same year). Unspent funds keep growing tax-free year after year. Even better: Most employers "seed" employee HSA accounts; the average contribution last year was nearly \$950. **O**

Suze Orman's latest book is *The Money Class: How to Stand in Your Truth and Create the Future You Deserve* (Spiegel & Grau).

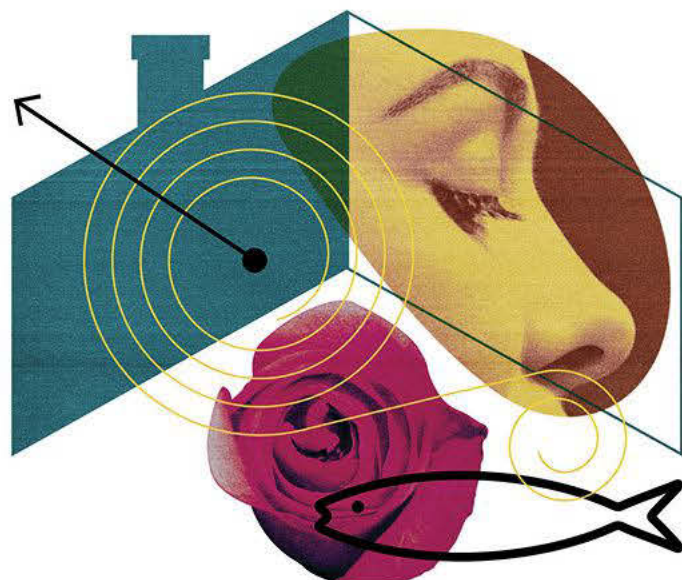


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Dr. Oz

Put Yourself to the Test

Four quick exercises that offer
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→ You know your body better than any doctor, which means it's important to stay clued in to subtle changes. While blood tests at regular checkups are one way to monitor your health, you don't always need a finger prick to find out what's happening on the inside. Research shows there are easy ways to gauge wellness—tests you can do in the comfort of your living room. And remember: There's no failing. Think of the results as your baseline, and then talk to your doctor about how to improve.



Mehmet Oz, MD,
is the host of
The Dr. Oz Show
(weekdays;
check local
listings).

1

The Sitting-Rising Test

Without leaning on anything, lower yourself to a seated position on the floor with your legs crossed, and then stand up again. The maximum score is 10 points—5 for going from standing to sitting and 5 for getting back up again. Deduct 1 point each time you use a hand, forearm, knee, or the side of your leg to support yourself. Deduct half a point if you're unsteady while performing the test.

WHAT IT TELLS YOU: A 2012 study of more than 2,000 adults revealed that subjects who scored below 8 had a two- to fivefold higher risk of death over the next six years. On the flip side, every point increase was associated with a 21 percent improvement in survival. What's the connection? The test serves as a solid measure of musculoskeletal fitness, which has been associated with life expectancy. Scored low? Don't panic. Do three sets of ten squats daily—you'll be amazed at how quickly you can get your score up.

2

The Smell Test

Here's one to do with a friend. Without letting her show you what you're smelling, see if you can identify the following odors: peppermint, fish, orange, rose, and leather. (Have her mix in a few others to throw you off.) Getting at least four out of five right suggests you have a normal sense of smell.

WHAT IT TELLS YOU: University of Chicago researchers used a similar test to predict mortality in older adults. By the end of the five-year study, subjects who identified only one scent (or none at all) were more than three times as likely to have died compared to those who had a nose for four or more of the scents. While the researchers aren't clear on how smell and longevity are linked, one possible explanation is that your olfactory system depends on the formation of new stem cells; when that decreases, it could mean a decline in cell regeneration in other critical areas of the body, too.

3

Phalen's Carpal Tunnel Test

Place your elbows on a table, forearms vertical. Flex your wrists and allow your hands to fall freely forward, forming a 90-degree angle. Hold this position for one minute.

WHAT IT TELLS YOU: If you feel any numbness, tingling, or pain in your fingers or palms, you could be suffering from carpal tunnel syndrome, which occurs when the nerve that runs through the wrist to your hand becomes compressed. This test is able to reproduce symptoms that you may not notice normally. Women are roughly three times more likely than men to develop the condition; this may be due, in part, to anatomy: Smaller wrists mean there's less room for the nerve to snake through. To help keep carpal tunnel at bay, check your posture. Slouching your shoulders can compress the nerves in your neck, which in turn may affect your wrists, hands, and fingers. In other words, sit up straight!

4

The Reaction Time Test

Find a reaction time test online that asks you to click a button in response to a particular change, like a shift in color or number of objects. There are many options—for a fun one, Google "sheep reaction time test."

WHAT IT TELLS YOU: A 2014 study of more than 5,000 adults in the journal *PLOS One* found that a one-second slower reaction time (from the average) was associated with a 25 percent higher risk of death in the next 15 years, and a 36 percent higher chance of dying specifically from cardiovascular diseases. A faster or slower reaction time may be associated with the overall health of your central nervous system, which can be a pretty good gauge of how the rest of your body is doing as well.



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True or False: Your Body Is Trying to Tell You Something

Three scenarios to
challenge your wellness smarts.

**A weak handshake is
a sign of heart disease.**

TRUE

☐

FALSE

☐

FALSE. A recent study in *The Lancet* on grip strength and cardiovascular function triggered a surge of headlines proclaiming that your handshake could predict the health of your heart. But relax, weak shakers: The researchers didn't look at handshakes, only grip strength. And while they did find that heart disease mortality rose as strength declined, keep in mind that they asked participants to squeeze as hard as possible, which is not what you're doing in a meet and greet.

**Long ring fingers mean you're more
likely to develop osteoarthritis.**

TRUE

☐

FALSE

☐

TRUE. A 2014 study in the journal *Rheumatology* found that among more than 14,500 adults, those whose ring fingers were longer than their index fingers were at increased risk for severe knee osteoarthritis. This common trait may be linked to hormonal influences on the growth of bone, cartilage, and soft tissue.

**People with pear-shaped bodies
are off the hook for diabetes.**

TRUE

☐

FALSE

☐

FALSE. It's long been known that people who carry weight around their middle (a.k.a. apple-shaped) are at higher risk for heart disease and diabetes because of a dangerous type of fat that can build up in the midsection. For that reason, pear-shaped women were often thought to be less susceptible. Not so fast, says a recent study. Fat stored in the body's lower half secretes abnormal levels of proteins that can elevate the chances of developing insulin resistance and inflammation, putting pear-shaped women at increased risk for diabetes and heart disease.

Iyanla, Fix My Life!

What's the Real Problem Here?



Noreen Sumpter, 52, has barely spoken to some of her siblings in five years following a dispute regarding their ailing mother. Now she's ready to make amends—but has no idea how. In this first installment, relationship expert and life coach **Iyanla Vanzant** helps Noreen find a way to get started.



THE BACKSTORY: In 2010, Noreen's mother was living in Jamaica—it was her wish to live out her remaining years in the place where she'd grown up. But after she suffered a stroke, she returned to England, where most of her family resides, with the assistance of one of her son's daughters. Noreen, who hadn't been consulted about the move, was furious. She worried about whether her mother, who suffers from dementia, had been capable of making the decision on her own. "I lost it," says Noreen, who lives in New York. "I told one of my brothers he was dead to me. I called his wife a pig in a wig. My tongue became a machete." The fallout from her reaction: She hasn't spoken to three of her siblings since then. "I know I was wrong—I just want my family back," Noreen says now. We arranged for her to work with Iyanla Vanzant. Listen in as they talk—the questions Iyanla raises can serve as a launching point for anyone looking for forgiveness.

IYANLA VANZANT: Hi, Noreen—I'm excited to work with you! Why don't you begin by telling me what your intention is for our time together.

NOREEN SUMPTER: Healing and renewal with my family. There's been an upset, and I'm going to take 100 percent responsibility for that.

IV: With all the people involved, you take 100 percent responsibility?

NS: Yes. For everything I did, for everything I didn't do, for everything I didn't know. I'm going to take it all.

IV: What's there to heal if you accept full responsibility for everything that everyone is feeling?

NS: We need to establish healthy communication.

IV: And that's solely your responsibility?

NS: Yes. I've been reaching out to my brothers, writing letters, calling. I don't know what else to do.

IV: Let's take a step back. Here's what I know about your story: Your mother has dementia and lives in a nursing home. Where is she now?

NS: In the UK.

IV: But she was initially living in Jamaica, right?

NS: Yes.

IV: And at the time everyone agreed that it would be best for her to stay there?

NS: Yes, as far as I knew, everyone thought it was best for her to remain in Jamaica. That was what she wanted and

there were enough of us, between her children and grandchildren, to check on her regularly.

IV: But then you got a call that she was back in the UK.

NS: Yes. And then a division developed between a few of my brothers and the rest of the family as a result. It's ridiculous.

IV: Why?

NS: Because before all this, we were so close; there were no posses or divisions.

IV: Are you sure about that?

NS: I'm absolutely sure.

IV: Then how did this happen?

NS: I have no idea.

IV: So tell me what you think they did wrong.

NS: When it was happening, everything was wrong. It was like, "How could you do that? This is her wish. She wanted to be in Jamaica. She said it; you heard it." But when I look back, all they wanted to do was make sure she was taken care of. Now I just want to move forward while my mother is still alive. Why can't we use this time to build a bridge and be family, like she expected us to be?

IV: And what are they looking for?

NS: I don't know. When I call one brother, he hangs up on me. Another brother says, "I don't want to talk to you. I don't need you in my life. Why are you calling me?" So he can't hear anything I have to say.

IV: When was the last time you just called and said, "How are you?"

NS: A few weeks ago! In the beginning, when they would tell me to go away, it was really hard to hear, but I've come to realize that it's just a reaction. So now I just leave messages like, "I love you. You're my brother. I'm committed to having this resolved. I want our family back."



“Why can’t we use this time to build a bridge and be family, like our mother expected us to be?”

IV: So you call with an agenda?

NS: I call to reach out.

IV: You call with an agenda.

NS: Yes, I guess I always have an agenda, which is to heal.

IV: My beloved, may I ask where your mother is in all of this?

NS: Where’s my mother?

IV: When you look at the situation now—with the siblings divided—in all your speaking I haven’t heard your voice concern for your mother.

NS: I don’t have any concerns about my mother because I do know that in spite of what’s going on with the rest of us, she is well taken care of.

IV: I’m not speaking from that perspective. Here’s a possibility: You don’t want your mother to pass on with her children separated.

NS: That’s exactly right.

IV: Beloved, what’s at stake here?

NS: The future. I don’t want to spend my time on this planet not communicating with my people.

IV: I hear the hurt—you need to

communicate with your people. But you need to own the hurt that comes with understanding that your people may be fine not communicating with you.

NS: I know....

IV: So let me ask you a question: If this situation were to stay exactly how it is for the rest of your life, what would you need to do to have peace?

NS: I would accept it even if I didn’t like it.

IV: Then why haven’t you accepted it?

NS: Well, I’ve kind of accepted it....

IV: No. You haven’t accepted it. You can’t be pregnant and not pregnant. Tell me why you haven’t accepted it. “What I have not accepted is...”

NS: What comes to mind is disappointment.

IV: Tell me what you mean by that.

NS: I have not accepted my disappointment in myself. That in a moment of upset, I would kill off my brothers. That I didn’t have the patience to step back, take a look, and then speak. I allowed my emotions to take hold of me and kill off my family.

IV: So would it be accurate to say that you’re disappointed in your behavior toward them?

NS: Yes, absolutely.

IV: Let’s take a breath and try it again. “What I have not accepted is...”

NS: The disappointment in my behavior toward them.

IV: Okay, now we’re getting somewhere.

NEXT MONTH:

Iyanla and Noreen delve deeper into the family’s issues and uncover why Noreen’s battle may not really be with her brothers after all.

Iyanla Vanzant is the host of OWN’s *Iyanla, Fix My Life* and the author of *Peace from Broken Pieces* (SmileyBooks).



Dear Lisa

Ex-Wife Strife, a Charity Challenge, and Should You Make a Hole in One?



→ **Dear Lisa,**

My boyfriend of nearly a year talks to his ex-wife, Maureen, almost daily to schedule activities for their three children, but I've often heard them laughing together instead of arranging car pools. He also has dinner with her and the kids every Tuesday. I've asked to be included—I'm on good terms with the kids, and I've had several friendly exchanges with his ex—yet he's not comfortable with the idea. If he loves me, shouldn't I be part of the family by now? —ON THE OUTSIDE LOOKING IN

Dear Sad Little Nose Pressed Up Against the Windowpane,

I have only one child, yet it takes me approximately 77 calls to schedule a playdate, a flu shot, a basketball pickup, a guitar drop-off, or a parent-teacher conference—all of which seem to be required every 15 minutes around the clock. Add two more kids to the equation, throw in Mandarin lessons, and you're looking at pie charts and PowerPoint presentations. Invariably, one kid forgets a book at the other parent's house and another has pinkyeye while the third swears that Dad thinks \$265 boots are "totally fine." Meantime, the check for summer camp needs to be mailed, and a birthday party must be planned. I know somebody who developed carpal tunnel syndrome just from the volume of emails it took to set up a field trip to Disney on Ice.

Parents have to touch base with each other, and occasionally they have to laugh. So unless you actually hear the words "Dearest, this lice outbreak in Miss Grady's science class has made me realize that our divorce was the single greatest mistake of my entire life," I'd advise you to be cool. Repeat after me: A call announcing that the hamster has gout is not code for "Please, my darling, marry me all over again."

As for joining his family for dinner, what can I say that Bette Davis didn't say more poetically in *Now, Voyager*? "Don't let's ask

for the moon. We have the stars." Wait, strike that: Bette might not be the best role model; she smoked through that whole movie and went on to feed Joan Crawford her beloved bird in *What Ever Happened to Baby Jane*? I'll quote Paul McCartney instead, responding to what I suspect is your unwarranted angst with three simple words of wisdom: Let it be.

Friendly as your boyfriend's former wife is, it could prove rather painful to have you at her table right now. A weekly family dinner might be sacred to the kids. Nearly a year may seem like a long time to you, but clearly your beau isn't ready to integrate you into Tuesdays with Maureen. And you know what? That's really okay. There are only four things to do here: Be delighted that you're with the kind of man who respects the mother of his children and takes his responsibilities as a father seriously; recognize and appreciate that he has chosen to be with you; enjoy having an evening to yourself; and give everyone a little more time.

Dear Lisa,

My friend recently criticized me for giving a dollar to a homeless guy on the street. She said he'd only spend it on drugs and alcohol, and the world would be a better place if we'd all donate to a charity that feeds and shelters the homeless. Is she right?

—THE GIVER

My Donating Dear,

Your friend is absolutely right about the value of giving to charity. But that doesn't mean you're wrong. Baby, it's cold outside, and if you're in a position to share a kind word and a little spare change, I fail to see the harm. Frankly, if I were living in a cardboard box, I'd want a drink, too. If you're really concerned, duck into a diner and treat him to a cup of tea or soup or whatever feels doable. Writing a check to an organized charity, while deeply generous, shouldn't keep you from giving to a human being who is hungry and alone. That person may have fought in a war for you; that person may have been on the receiving end of some unimaginable cruelty; that person may be sick and scared; that person may be on the verge of losing his bid for the Republican nomination. We don't know. What we do know is that you have a choice: turn a blind eye or show some compassion. I say choose compassion.

Dear Lisa,

Where do you stand on genital piercing? —A HOLE NEW WORLD

Yikes!

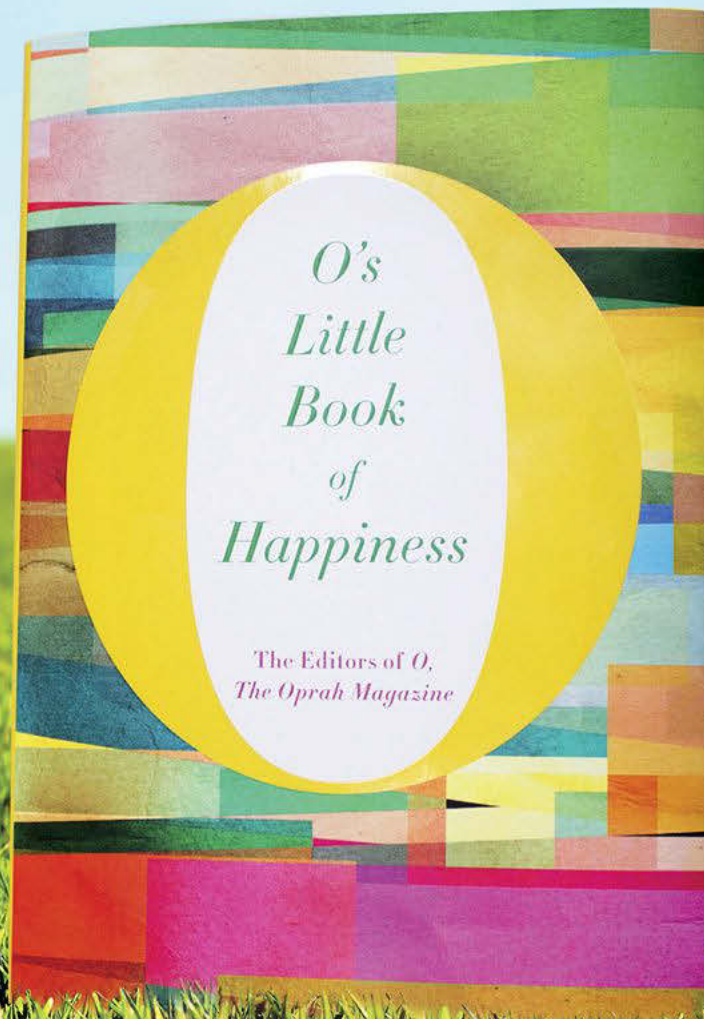
Having just Google image-searched those two words, I do not stand at all! I cross my legs, curl into a little ball, and try like hell to focus on rainbows and unicorns until the worst of the nausea subsides. If you want to go for it, be my guest. I would rather remove my own spleen with a grapefruit spoon. **O**



Lisa Kogan is O's writer at large and the author of *Someone Will Be with You Shortly: Notes from a Perfectly Imperfect Life*. To ask Lisa a question, email asklisa@hearst.com.

“The path to happiness is rarely
a straight line, but there are
so many opportunities
for wisdom along the way.”

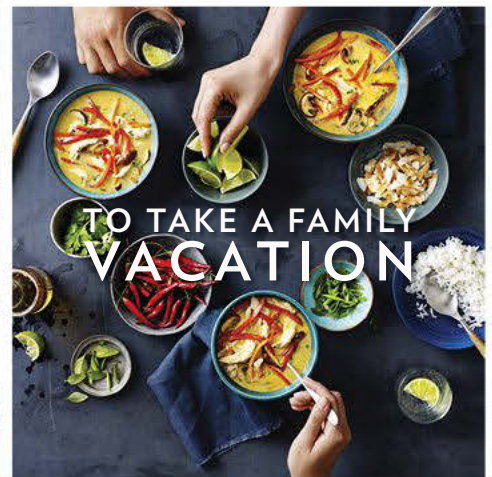
—Oprah Winfrey



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The *List*

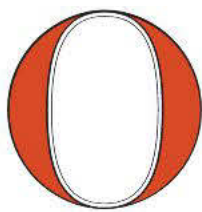
ALL ABOUT ENTERTAINING

A few things we think are just great for a party!

◀ **Hostess Twinkle**

When you're done in the kitchen, trade your stained apron for this diamanté sequined number (available in five colors) that sends the message "I am the secret love child of Gwyneth Paltrow and Prince." (Originally \$350, now \$200 with code OPRAH; hautehostessaprons.com. Discount applies to all sequined Glam It Up Luxe collection aprons.)

PROP STYLIST: ALMA MELENDEZ. OPENER: DEVON JARVIS/STUDIO D. STYLIST: JESSIE LIEBMAN FOR R.J. BENNETT REPRESENTS.



Dish It Out

They say the first taste is with the eyes, so why not treat yourself to this good-looking 18(!)-piece dishwasher-safe ceramic set? Each one can go from oven to table to freezer, and the price is pretty, too.

(Temp-tations Floral Lace Bake and Serve set, \$129; qvc.com)

Frozen Assets

Woman cannot live by chocolate mousse alone, so wow guests with these all-natural, made-in-Italy gelato sorbets (said to have been a favorite of Jackie O's) in flavors like Apulian peach and Ciaculli tangerine. What's more, they're gorgeously presented in the fruit they're created from, and each treat has 120 calories or less. **(Divino party pack, originally \$70 for 12 of one flavor, now 20 percent off with code OPRAH; lovedivino.com)**



Your Deal

Have a full house? Serve up nuts, olives, and other crowd-friendly nibbles in these suit-shaped wood bowls from Ellen DeGeneres's new lifestyle collection, ED. **(ED Poker Suite bowl set, \$50; edbyellen.com)**



Put It in Neutral

Modern yet earthy, these glazed stoneware pitchers, part of a new collaboration between IKEA and London designer Ilse Crawford, will quench your thirst for style. **(Sinnerlig pitchers, \$12 each; IKEA stores)**



What a Crock

Want guests to think you've slaved over the cheese course? Cut the top rind off a four-inch round of Brie, cover with Brie Brûlé, and bake in the crock until it turns into a molten mound of bliss. **(Petite Maison Brie Baker and Brie Brûlé, originally \$20 and \$8, now 20 percent off with code OPRAH; wildlydelicious.com)**



Bird Is the Word

Whether it's holiday turkey or weekday chicken with all the fixings, your dinner will look regal on this handmade, oversize sand-cast aluminum platter with gold-plated handles. **(Lunares Giant Wishbone platter, originally \$319, now 20 percent off with code OPRAH; lunareshome.com)**



Hitting the Sauce

Give meat, seafood, veggies, cheese, and sandwiches an exotic makeover with these low-salt, trans fat-free, all-natural dipping sauces in Indian, Moroccan, and Thai Chili flavors. **(Originally \$7.50 each, now 20 percent off with code OPRAH; wildthymes.com)**



Upper Crust

Get your gluten on with these onion-studded focaccia, crusty pugliese, and airy ciabatta loaves (a great hostess gift!), baked in stone hearth ovens in the Italian artisan tradition. **(Artisan Tuscan breads, originally \$50 for three, now 20 percent off with code OPRAH; tuscanmarketonline.com)**



Nicer Slicer

Cutting into a pie is thrilling enough, but add this etched, handpainted stoneware server (and maybe a scoop of ice cream), and you've got yourself a pastry party. **(Dorotea Windswell server, \$14; anthropologie.com)**



You Don't Say

With conversation-starting paper napkins bearing bons mots from the Duchess of Windsor, W.C. Fields, and other notable quipsters, cocktail chatter just got a whole lot wittier. **(Amusing Cocktail Napkins, originally \$18 for box of 40 of one quote, now 20 percent off with code OPRAH; bensgarden.com)**



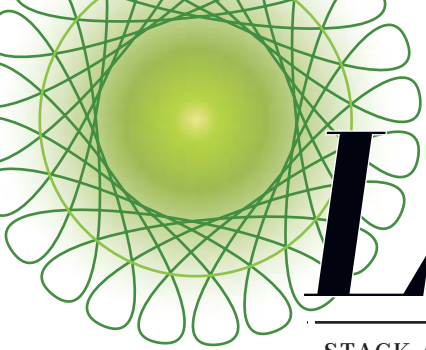
Black Gold

Cross "own fab ice bucket" off your bucket list. This handmade soda-glass number by Jonathan Adler is detailed in 24kt gold. **(Newport ice bucket, originally \$198, now 20 percent off with code OPRAH; jonathanadler.com)**



Bundle Up

If life's a banquet, set an awesome table. Each of these rustic-chic reusable woven jute pouches comes with a jaunty bow, a napkin, and plastic utensils that look like stainless. **(Holiday Buffet Boxed Set, originally \$58 for 12 pouches, now 20 percent off with code OPRAH; cutlerycouture.com)**



Love That!

STACK ATTACK, MODERN BRIT STYLE, THE SEASON'S BEST PARTY DRESSES

Why It's Worth It

Distinctive and meaningful, **INVESTMENT-QUALITY RINGS** you can stack are an exquisite way to make a personalized style statement every day.

THE MIX Fine jewelry will last longer and is more unique than cheapie pieces. Choose different metals and stones for the freshest look, and feel free to wear silver, platinum, and rose, yellow, and white gold in whatever combinations you choose. Varying the width of the bands adds to the stylishly eclectic vibe.

THE PLACEMENT These rings are stunning separately or together (especially in odd-numbered groups). Don't be afraid of gaps between them—it keeps them from looking too much like a set. And yes, you can mix costume rings with fine jewelry to change up your look.

From top: 14kt–yellow gold and diamond ring, Gabriel & Co., \$790; gabrielyn.com. 18kt–rose gold ring, Tiffany & Co., \$750; tiffany.com. 18kt–yellow gold and emerald ring, Jennifer Meyer, \$850; ylang23.com. 14kt–yellow gold and diamond ring, \$250; helenicalora.com. 18kt–rose gold ring, \$980; us.robertocoin.com. 18kt–white gold and diamond ring, \$1,490; heartsonfire.com. 18kt–yellow gold and emerald ring, \$1,150; pomellato.com.



THE MEANING Build a collection over time, mixing rings representing milestones—like your wedding band—with pieces purchased on your favorite travels. It's like adding charms to a bracelet.

COST PER WEAR*

A trio of rings is a good starting point, so our price is for the top three stackers at left. This is a great way to invest in fine jewelry without spending a lot on one individual piece—and you get a wider variety of looks, too.

\$2,390

ONE YEAR = **\$6.55** PER WEAR

FIVE YEARS = **\$1.31** PER WEAR

TEN YEARS = **65¢** PER WEAR

*Assuming you wear the rings every day.

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Dior Fine Jewelry, \$1,200;
800-929-3467



\$380; pandora.net



\$150; astleyclarke.com



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\$475; bluenile.com

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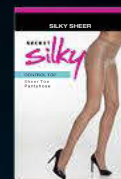
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Love That!

ADAM'S

STYLE SHEET



Party? Ready!

Ladies, I know you have your share of LBDs, but a holiday fête is the perfect time to work this season's head-turning textures and details—try them and you'll sparkle in a sea of black.



DRESS, Bisou Bisou, \$86. **EARRINGS and BRACELETS**, Fallon. **RING**, Akkad. **BAG**, Ann Taylor. **SHOE**, Nine West.



DRESS, Julia Jordan, \$178. **JACKET**, Express, \$148. **NECKLACES** (from top), Lulu Frost and Loren Hope.

Puttin' On the Glitz

CONSIDER YOUR BODY TYPE.

These aren't wallflower looks, so choose a silhouette that really flatters. In general, A-line styles are fantastic for pear shapes, while V-necklines (as opposed to higher cuts) complement bustier types. Wear knee length or midi if you're tall; petites can get away with shorter hemlines.

GET BOLD WITH YOUR ACCESSORIES.

Go for pieces that are as eye-catching as your dress—for instance, a whimsical clutch (right) or ornate necklaces (far top right).



DRESS, Jennifer Lopez, \$60. **CLUTCH**, Kara Ross. **NECKLACE**, Sequin.



DRESS, Calvin Klein, \$149. **CLUTCH**, Diane von Furstenberg. **CUFF**, Marcia Moran. **RING**, Robert Lee Morris Collection. **SHOES**, Christian Louboutin.

Turn the page to see my favorite ways to style a cocktail dress.



PETER ROSA/STUDIO D. STYLIST: KRISTINA LEPORE. HAIR: KATSUMI MATSUO AT ARTMIX FOR BUMBLE AND BUMBLE. MAKEUP: AERIEL PAYNE FOR KENBARBOZA.COM. MANICURE: ROSEANN SINGLETON AT ART DEPARTMENT USING DIOR VERNIS. SET DESIGN: MARY O'TOOLE FOR MARY HOWARD STUDIO. GLASSMAN: SERGIO KURHAJEC.



Love That!

Rock Around the Frock

Try a more-is-more look inspired by fashion's most glamorous decades. Add a statement lipstick—and may we offer you a cocktail to go with that cocktail dress? Set the retro mood with one of the era's classic drinks, recommended by Patrick Janelle, lifestyle expert and cofounder of the website and app the Liquor Cabinet.

'50s LACE

This look is all about old Hollywood glamour—with a bit of modern wit. (Check out the earrings and clutch!)

EARRINGS, Elizabeth Cole, \$268; elizabethcolejewelry.com



Purposely mismatched!



DRESS, DB Fashion Studio for Dressbar at Dressbarn, \$68; dressbar.com



BRACELETS, \$33 to \$36 each; sparklepop.com



JACKET, Stylus, \$100; jcpennyc.com

BAG, Kate Spade New York, \$398; katespade.com



SHOE, SJP, \$545; neimanmarcus.com

A bright, flirty pink



THE MOSCOW MULE

'80s SEQUINS

Gunmetal jewelry and a moto jacket make this sparkly ombre sheath daring, not dated.



DRESS, Maia, \$99; lordandtaylor.com



JACKET, \$138; guess.com

BRACELETS, White House Black Market, \$40 to \$45 each; whbm.com



SHOE, \$89; ninewest.com

SCARF, \$145; reiss.com



BAG, \$345; rebeccaminkoff.com

RING, Vicenza, \$90; qvc.com



A warm, pinkish nude



THE ROSETTI

'20s BEADED

A luscious velvet jacket contrasts beautifully with a flapper-style dress and vintage-looking accessories.



DRESS, Lauren Ralph Lauren Dress Collection, \$320; bloomingdales.com

NECKLACE, Sequin, \$148; sequin-nyc.com



SHOE, Nina, \$99; ninashoes.com



JACKET, \$129; talbots.com.
BROOCHES, \$95 to \$125 each; rggraziano.com.



RING, Artisan Gems, \$36; artisansboutique.com



BAG, Badgley Mischka, \$295; S&T Famous Bags, 718-375-2000



WATCH, \$1,695; citizenwatch.com



A vivid, spunky red



THE HANKY-PANKY

DEVON JARVIS/STUDIO D. STYLIST: JESSIE LIEBMAN FOR R.J. BENNETT REPRESENTS. LIPSTICKS: FROM LEFT: JESUS AVILA/STUDIO D; J MUCKLE/STUDIO D; DON PENNY/STUDIO D. COASTERS AND COCKTAILS: GETTY IMAGES; ROSEBUD; ISTOCK.

For drink recipes by mixologist Maxwell Britten, check out theliquorcabinet.com.



Mirror check?
I don't have time for it.

MAYBELLINE.com

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Love That!

IT GIRL ALEXA CHUNG SPOTTED IN NYC.



GREAT BUYS UNDER \$100!

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You'll have a lock on style with this statement necklace. (*chicos.com*)



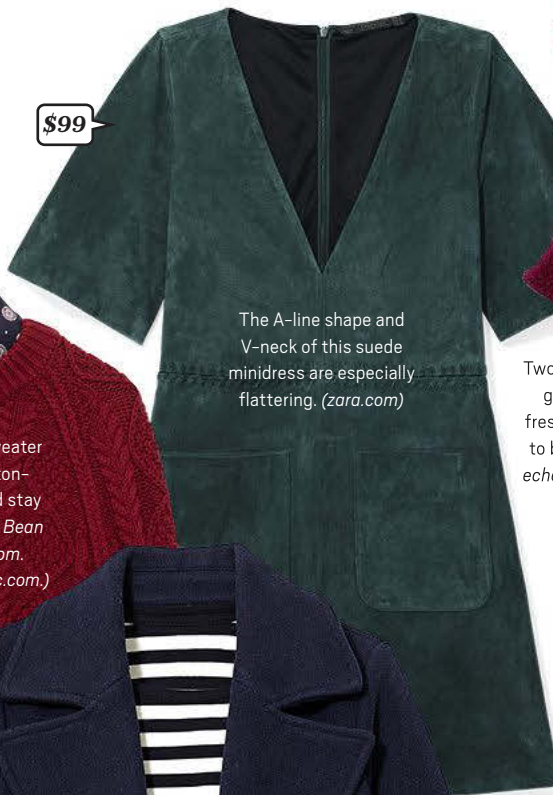
\$99

A structured bag takes a walk on the wild side. (*pennyloveskennyhandbags.com*)



\$70

This sparkly rose gold bow ring brings sweetness to Mod looks. (*pandora.net*)



\$99

The A-line shape and V-neck of this suede minidress are especially flattering. (*zara.com*)



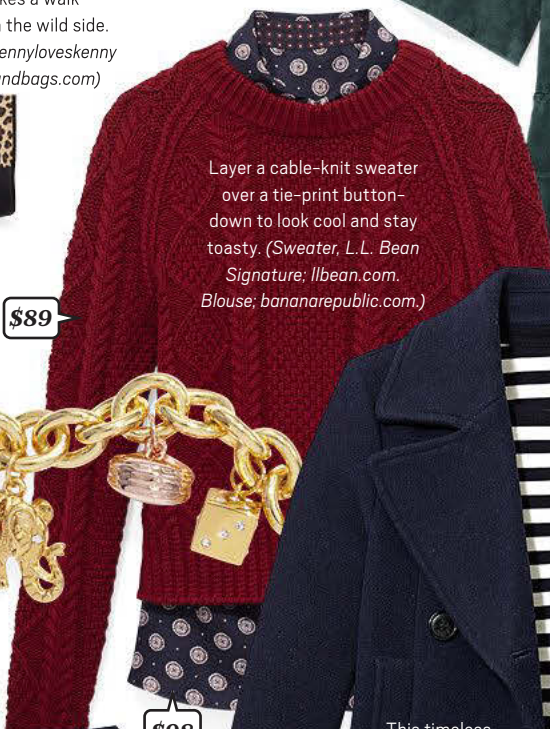
\$38

Two-tone bouclé gloves are a fresh alternative to black. (*Echo; echodesign.com*)



\$68

This pretty charm bracelet gives any outfit a personal touch. (*baublebar.com*)



\$89

Layer a cable-knit sweater over a tie-print button-down to look cool and stay toasty. (Sweater, *L.L. Bean Signature; llbean.com*. Blouse, *bananarepublic.com*.)



\$89

This watch's Mod-inspired face is balanced by a patent leather strap. (*Silpada; mysilpada.com*)



\$25

A classic navy skirt goes punk with grommets. (*tjmaxx.com*)



\$25

This timeless peacoat and striped top are a winning combination. (Peacoat, *H&M; hm.com*. Top, *landsend.com*.)

\$80

Buckle detail and a peep toe make a leopard lace-up ankle boot even sexier. (*shoedazzle.com*)



\$40

"Rich textures and gold jewelry add sophistication to '60s silhouettes."

—O CREATIVE DIRECTOR ADAM GLASSMAN

DEVON JARVIS/STUDIO D. STYLIST: JESSIE LIEBMAN/R.J. BENNETT REPRESENTS. BAG AND RING: COURTESY OF COMPANIES. CHUNG: SARA JAYE WEISS/STARTRAKSPHOTO.COM.

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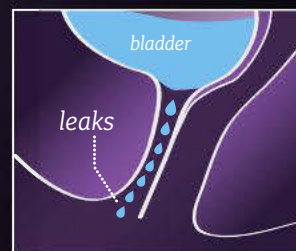
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**9 of 10
WOMEN**

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BLADDER LEAKAGE
WAS REDUCED
OR STOPPED.



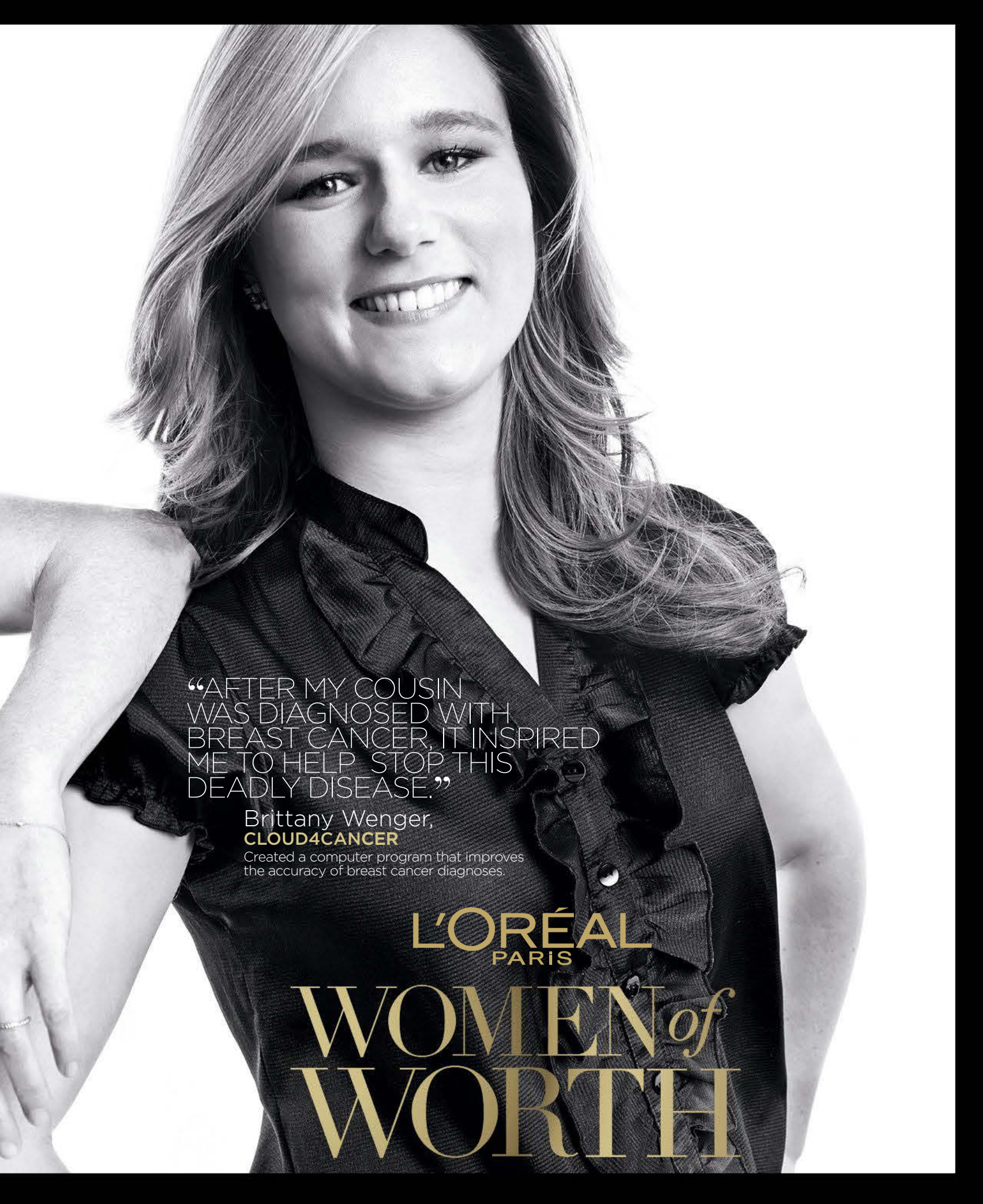


IT'S BEEN
10 YEARS.
AND 100
WOMEN.

MAKING A BEAUTIFUL
DIFFERENCE IN
THOUSANDS OF LIVES.

Julianne Moore

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“AFTER MY COUSIN
WAS DIAGNOSED WITH
BREAST CANCER, IT INSPIRED
ME TO HELP STOP THIS
DEADLY DISEASE.”

Brittany Wenger,
CLOUD4CANCER

Created a computer program that improves
the accuracy of breast cancer diagnoses.

L'ORÉAL
PARIS

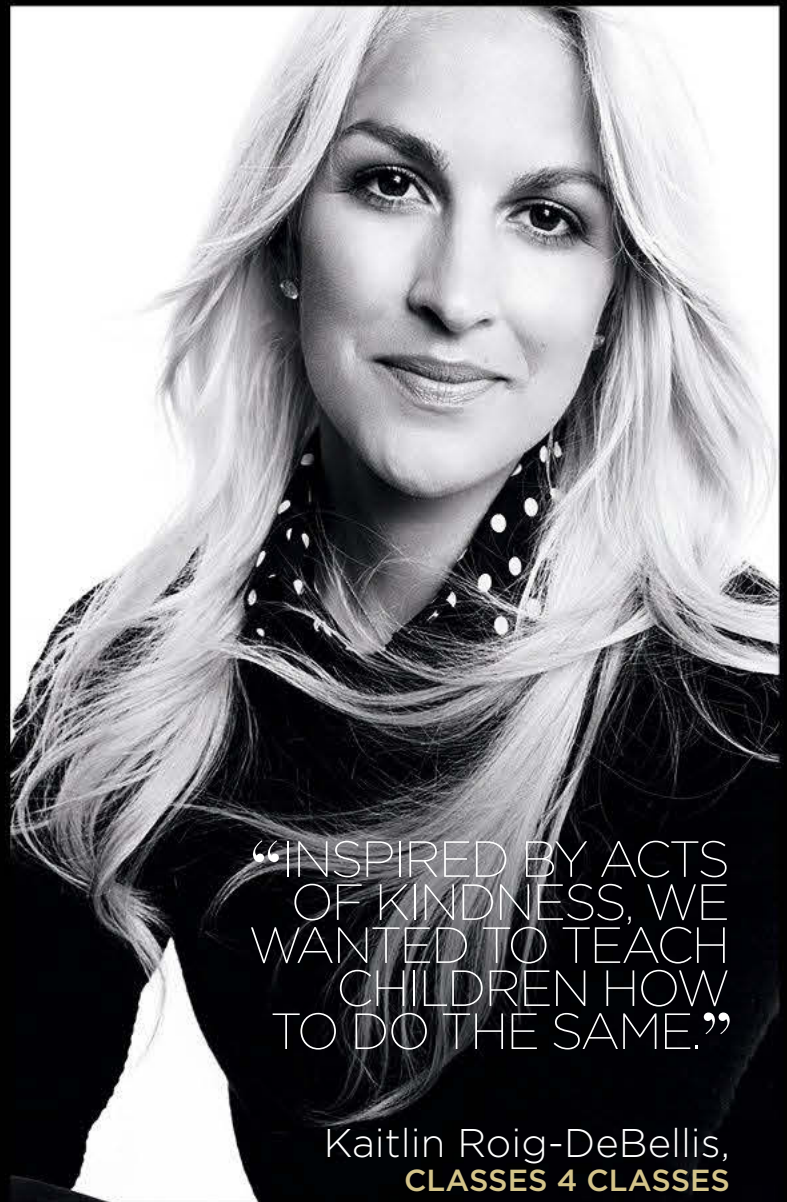
WOMEN *of*
WORTH



“I MOTIVATE WOMEN
EASILY BECAUSE I
HAVE BEEN THERE.”

Shaaron Funderburk,
OFF THE STREETS PROGRAM

Helps women recover from rape, abuse,
and addiction to become productive citizens.



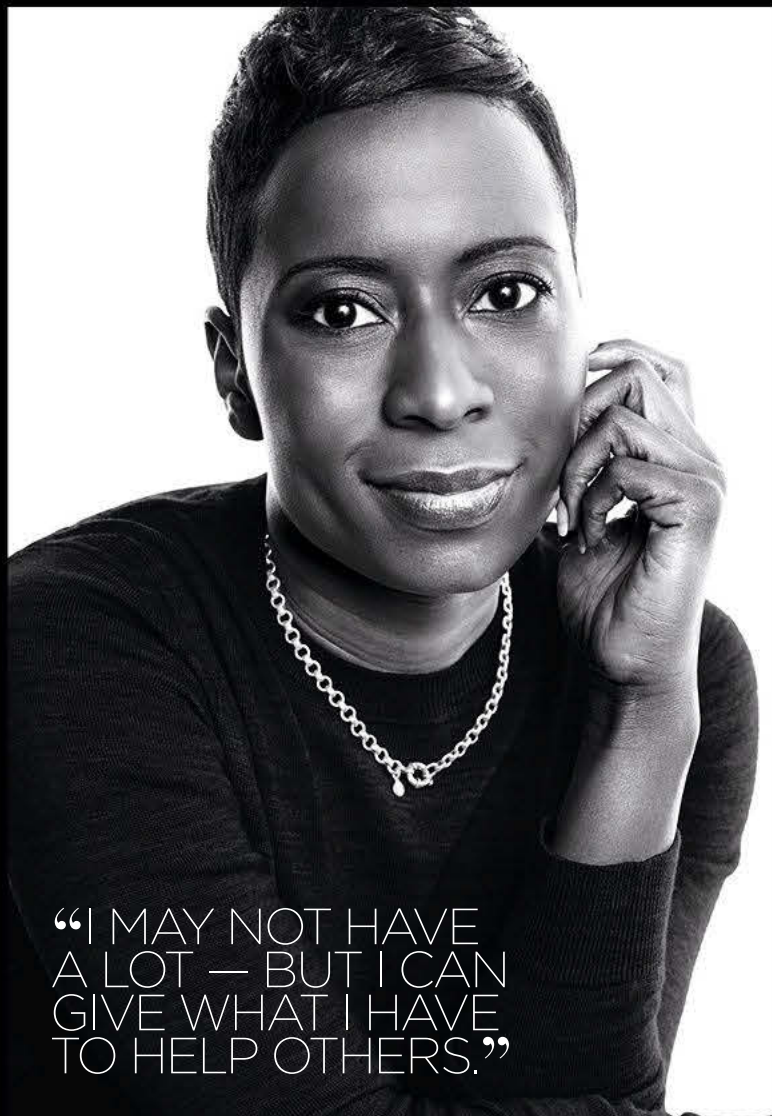
“INSPIRED BY ACTS
OF KINDNESS, WE
WANTED TO TEACH
CHILDREN HOW
TO DO THE SAME.”

Kaitlin Roig-DeBellis,
CLASSES 4 CLASSES

Engages children with programs that teach
compassion, caring, and consideration.

THESE WOMEN SYMBOLIZE THE CARING AND SHARING
INHERENT IN ALL WOMEN. AND THE DIFFERENCE
ALL WOMEN CAN — AND DO — MAKE EVERY DAY.
WE BELIEVE THEIR CAUSES ARE A CAUSE FOR CELEBRATION.

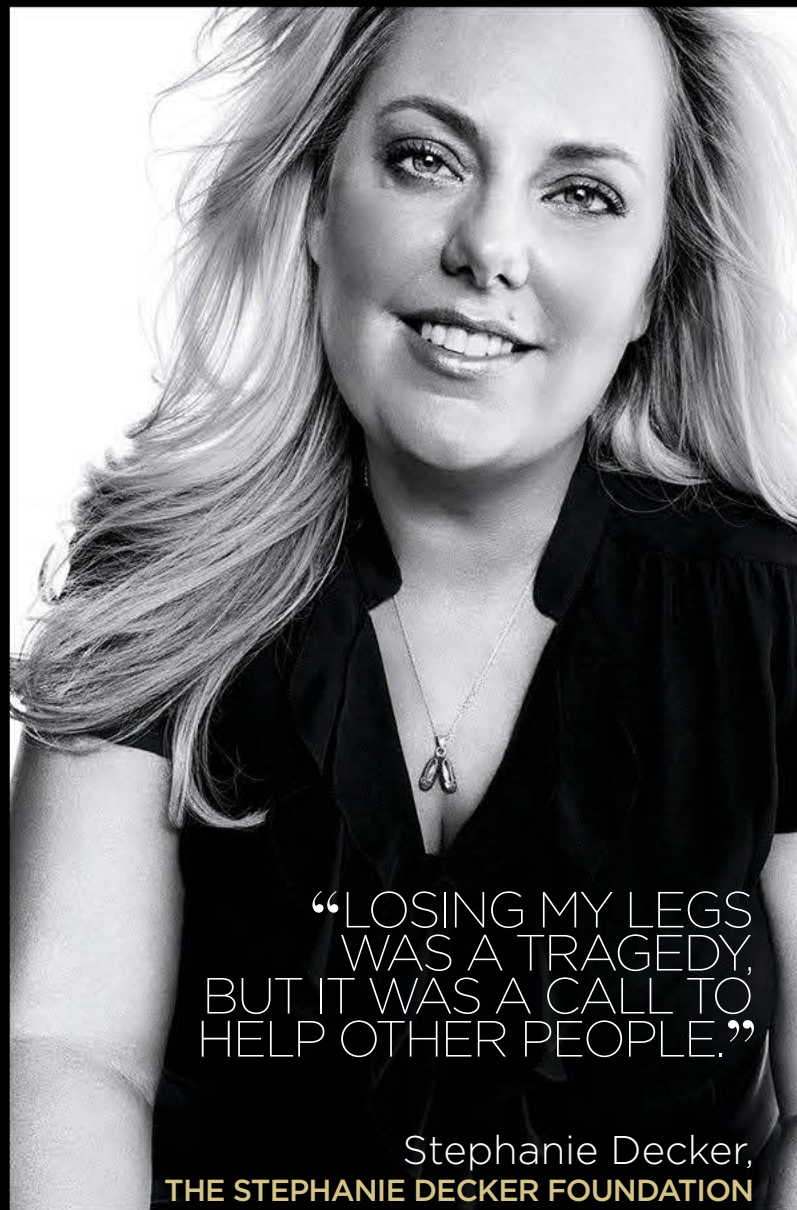
see their stories at WOMENOFWORTH.COM



“I MAY NOT HAVE
A LOT — BUT I CAN
GIVE WHAT I HAVE
TO HELP OTHERS.”

Rachel R. Jackson-Bramwell,
PROJECT COMPASSION, NFP

Assists homeless and disadvantaged men, women,
and children with food, shelter, and job training.



“LOSING MY LEGS
WAS A TRAGEDY,
BUT IT WAS A CALL TO
HELP OTHER PEOPLE.”

Stephanie Decker,
THE STEPHANIE DECKER FOUNDATION

Supports children with prosthetics through
technology and financial assistance.

L'ORÉAL
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WOMEN *of*
WORTH

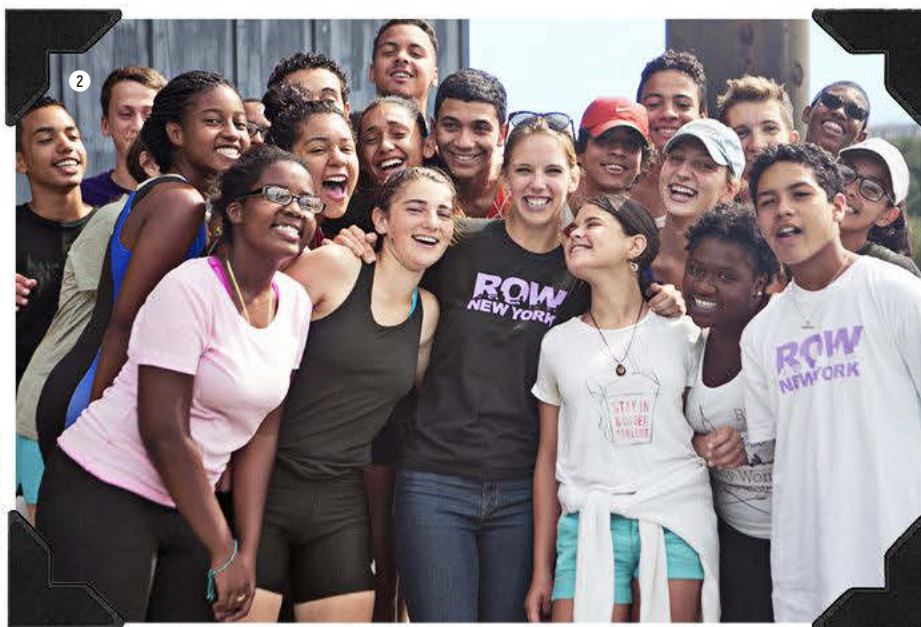


Love That!

the Beauty of Giving

As leaders of demanding charities, the four women on these pages are known for their “do unto others” spirit. We thought it was high time they got a little pampering themselves. So we asked hairstylist Ken Paves, makeup artist Sandy Linter, and fashion expert (and founder of Glam4Good) Mary Alice Stephenson to treat them to the experience of a lifetime.

BY **Clarissa Cruz** AND **Megan Deem**



STROKES OF GENIUS 1. A student-athlete transports the all-important oars. **2.** Jennie Traves (center) and some of the more than 2,200 participants Row New York serves each year at the Peter Jay Sharp Boathouse in Manhattan. **3.** Jennie, who is also pursuing a master's degree in public administration, motivates rowers on the Harlem River.

PORTRAITS BY **Carmelo Donato**
PHOTO REPORTAGE BY **Sioux Nesi**

A full-page photograph of Jennie Trayes, a woman with short, styled brown hair, wearing a light-colored, floor-length gown with a deep V-neckline and a full, flowing skirt. She is looking upwards and to the right with a slight smile. The background is a plain, light-colored wall.

Jennie Trayes

AGE 30

Deputy director,
Row New York

Her rescue mission

A former collegiate rower, Jennie became a part-time coach with Row New York six years ago. The program combines the sport with academic support to help disadvantaged young people build confidence and encourage them to attend college. Now she works for the organization full-time. “It’s especially rewarding to have kids getting into college who never thought they’d go,” Jennie says. “That happens every year, but it never gets old.”

Her new look

THE CLOTHES: Because she spends a lot of time in athletic gear—“When I’m working around the boathouse, everything ends up getting dirty or wet,” she says—Jennie favors bohemian dresses with pretty details when she’s off duty. The frothy skirt of this Vera Wang gown pumped up the fairy-tale princess feel, while the dramatic neckline set off her sculpted shoulders and arms. Bold layered necklaces and a chunky bangle contrasted beautifully with the dress’s dreamy vibe.

THE HAIR AND MAKEUP: To showcase the deep V neckline of Jennie’s gown, Ken, creator of the Ken Paves You Are Beautiful haircare line, decided on an updo. He curled sections of Jennie’s hair with a curling iron, then gathered the hair, twisted it into a bun, and pinned it loosely. Eyebrow designer Eliza Petrescu observed that Jennie had tweezed a bit too much between her brows, so she showed her how to fill them in with a taupe pencil. Sandy didn’t want to detract from Jennie’s brilliant blue eyes, so she just gave them a little definition with brown liner, golden shadow, and black mascara.

Jennie’s reaction

“The people I work with wouldn’t recognize me! Being the center of attention is really cool. I feel strong and feminine and fierce.”

To learn more about Jennie’s work turning kids into student-athletes, go to rownewyork.org.

GOWN, Vera Wang. **EARRINGS,** Fallon. **NECKLACES** (layered), Lulu Frost. **BRACELETS,** Freida Rothman. **THIN BRACELET,** Gold Philosophy.

A woman with long, wavy brown hair is sitting on a dark wooden stool. She is wearing a vibrant red, off-the-shoulder, floor-length gown. She is smiling and looking towards the camera. Above her, a large black studio umbrella is suspended by a boom arm. The background is a plain, light-colored wall, and the floor is made of light-colored wooden planks.

**“I feel beautiful—
and for me to
say that is big!”**

Nancy Carbone
AGE 57

*Founder and
executive director,
Friends of Firefighters*

Her rescue mission

In the aftermath of 9/11, Nancy, a Brooklyn resident who had firefighter friends who survived the disaster, wanted to do something to help. She began by carting supplies but soon realized that what the firefighters returning from Ground Zero needed was counseling and support groups. She founded her organization in 2001 to offer that assistance, along with health and financial programs, to New York City's firefighters and their families. In her spare time, she rebuilds classic cars. As for keeping up appearances, she says, "I'm in a firehouse or a garage all day, so what do I need makeup for?"

Her new look

THE CLOTHES: "I'm more rough-and-tumble," says Nancy, who sticks to jeans or yoga pants and long shirts. "I didn't wear dresses for decades, and I thought high heels were stupid." It's safe to say this red-hot La Femme gown was a departure from her usual look: The off-the-shoulder neckline emphasized her décolletage, while the mermaid style flattered her curvy shape. Gold jewelry and statement rings upped the glam quotient.

THE HAIR AND MAKEUP: Nancy's dark brown strands lacked vibrancy, said Ken, who painted golden highlights around her face to instantly brighten her complexion. Then he clipped in extensions to add about five inches of length. Nancy had never worn red lipstick, but Sandy showed her how an orange-red flattered her tawny skin tone.

Nancy's reaction

"Being fussed over is a little awkward, but sure, I can endure it! It will bring attention to my cause. I feel beautiful—and for me to say that is big. I told my husband he has to take me out to dinner tonight, and *not* for burgers!"

To learn more about Nancy's work with firefighters, go to friendsoffirefighters.org.

GOWN, La Femme, \$378. **NECKLACE,** Louise et Cie. **BRACELETS** (from top), Jill Golden, OCIE New York, and Meredith Marks. **RINGS** (from left), Stephanie Kantis and Vince Camuto.



BRAVE HEARTS

1. Nancy with some of New York's bravest at the Friends of Firefighters headquarters in Red Hook, Brooklyn. "Any day could be their last, so to be of help to them is an honor," she says. 2. An employee's dog, Daisy. 3. Nancy and a firefighter share a moment.



PLAY BY PLAY 1. Jenine Choueka and one of her budding artists. 2. "Our goal every day is for kids to do art, music, and gym and eat dinner," says Jenine, here with volunteers and children. "Then we bathe them and they go home in their pjs, ready for bed." 3. "I've learned that if you have passion, you can do anything," says Jenine. 4. A child enjoys the play area. 5. Jenine frolics in the ball pit with the kids. 6. Jenine and one of her charges have an impromptu dance session.

Her rescue mission

When she was just 16, Jenine began helping a young mother with a special-needs son, and she saw how much effort it took to care for him. Though she was still in high school, Jenine, now a mother of five and a 2008 L'Oréal Paris Women of Worth honoree, wanted to help, so she and a friend started an after-school program that would later become the Special Children's Center, now in Lakewood, New Jersey, to provide respite services for families with special-needs kids. The initiative began with seven children; today the center's many volunteers have helped more than 400 families, offering after-school, weekend, and summer activities.

Her new look

THE CLOTHES: "I normally dress comfortably so it's easy to get down on the floor and be with the kids," says Jenine of her go-to uniform: long jean skirt, button-down top, and ballet flats. This gorgeous beaded Badgley Mischka gown offered the coverage she prefers, while the soft rosy tint and curve-skimming silhouette kept the look from being matronly.

THE HAIR AND MAKEUP: As part of her Orthodox Jewish faith, Jenine wears a wig. Her usual choice is brunette and falls right below her shoulders, but for the shoot Ken persuaded her to try a highlighted wig. "It felt fresher to go blonder," says Ken. To show off Jenine's gorgeous skin, Sandy used only tinted moisturizer and a touch of bronzer.

Jenine's reaction

"Today was a lot of fun! The pampering is something I never do. Enjoying the moment, being transformed, that dress—it all makes me feel great."

To learn more about Jenine's work with special-needs children, go to thecenternj.org.

GOWN, Badgley Mischka. **EARRINGS**, Marcia Moran. **NECKLACE**, Juliet & Co. **BELT**, Stelios. **BRACELETS** (from top), Melinda Maria, Swarovski, and Melinda Maria. **RING**, Rachel Zoe.

You can vote for the L'Oréal Paris 2016 Women of Worth from November 2 to 20 at womenofworth.com.



Jenine Choueka

AGE 36

Cofounder,
The Special
Children's Center

FASHION RELIEF

For three years now, **Mary Alice Stephenson** has helped O give makeovers to deserving women. The style expert founded the organization and movement *Glam4Good* in 2011 to provide fantasy fashion and beauty experiences for everyday heroes and women in need.

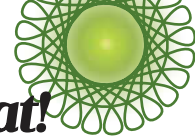
Her biggest project? Throwing a baby shower with Michelle Obama for moms-to-be at a U.S. military base in June. "Women have so much on their plates that they put themselves last," says Stephenson. "But *Glam4Good* is about letting us take care of them." (glam4good.com)



**“I never knew
I could pull off a
look like this!”**

Mercedes Smith
AGE 24

Founder,
Care More



Her rescue mission

In her day job as a publicist, Mercedes often encountered homeless people near her Manhattan office, and she began buying toiletries to hand out. Then her friends encouraged her to think bigger, and she formed Care More, which distributes care packages—including items like shampoo, Band-Aids, deodorant, and fruit—to New York City's homeless on Sundays. "This population is often invisible," says Mercedes, who has recently expanded her efforts to other cities like Chicago and Philadelphia.

Her new look

THE CLOTHES: Mercedes traded her usual workday uniform of flats or sneakers, skinny jeans, and a printed top ("I'm a big H&M and Forever 21 girl") for a diva-licious Gustavo Cadile gown that created an hourglass shape. Sky-high heels elongated her petite frame, and a two-tone belt made her waist look tiny.

THE HAIR AND MAKEUP: When Ken saw Mercedes, he immediately thought of Diana Ross, which inspired a voluminous wavy style. He curled her hair with a quarter-inch iron, then brushed it out. Sandy decided dramatic eye makeup would be the perfect complement for Mercedes's full hair, so she mixed a teal shade that matched Mercedes's gown. To contrast with the bold eye makeup, Sandy chose a neutral bronze shimmer lipstick.

Mercedes's reaction

"I told myself I wouldn't cry, but these are happy tears. I feel amazing. I never knew I could pull off a look like this!"

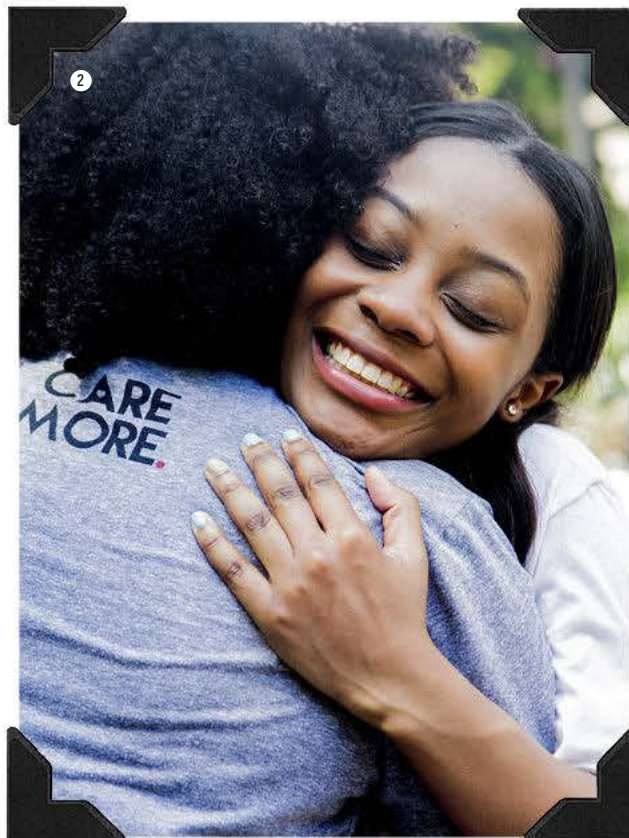
To learn more about Mercedes's work helping the homeless, go to letscaresmore.com.

GOWN, Gustavo Cadille. **NECKLACES** (from top), Sarah Magid and Louise et Cie. **BRACELETS** (from top), Bronzo Italia and Melinda Maria. **RINGS** (from left), Melinda Maria and Maiyet.

FASHION EDITOR: Mary Alice Stephenson. **HAIR:** Ken Paves for Ken Paves Salons. **MAKEUP:** Sandy Linter for Lancôme at the Rita Hazan Salon. **EYEBROW SPECIALIST:** Eliza Petrescu, eyebrow designer and owner of Eliza's Eyes; 800-EYEBROW, elizasesyes.com. **MANICURE:** Roseann Singleton at Art Department using Dior Vernis. **SET DESIGN:** Kate Landucci for Mary Howard Studio.



MORE TO LOVE 1. Mercedes and volunteers assemble bags of essentials. **2.** "When you care about what you do, you make the time to do it," says Mercedes, who is also studying for her MBA and MA in public relations management. **3 and 4.** Each package is filled with an encouraging note and supplies. **5.** Mercedes greets a homeless man in New York City's Union Square.



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LOOK WHAT
WE FOUND!

WINTER COATS

This year add polish to the season's plush velvets, nubby tweeds, and lustrous brocades with these luxurious new shades, from classic berry to gleaming metallic rose, copper, silver, or gold.

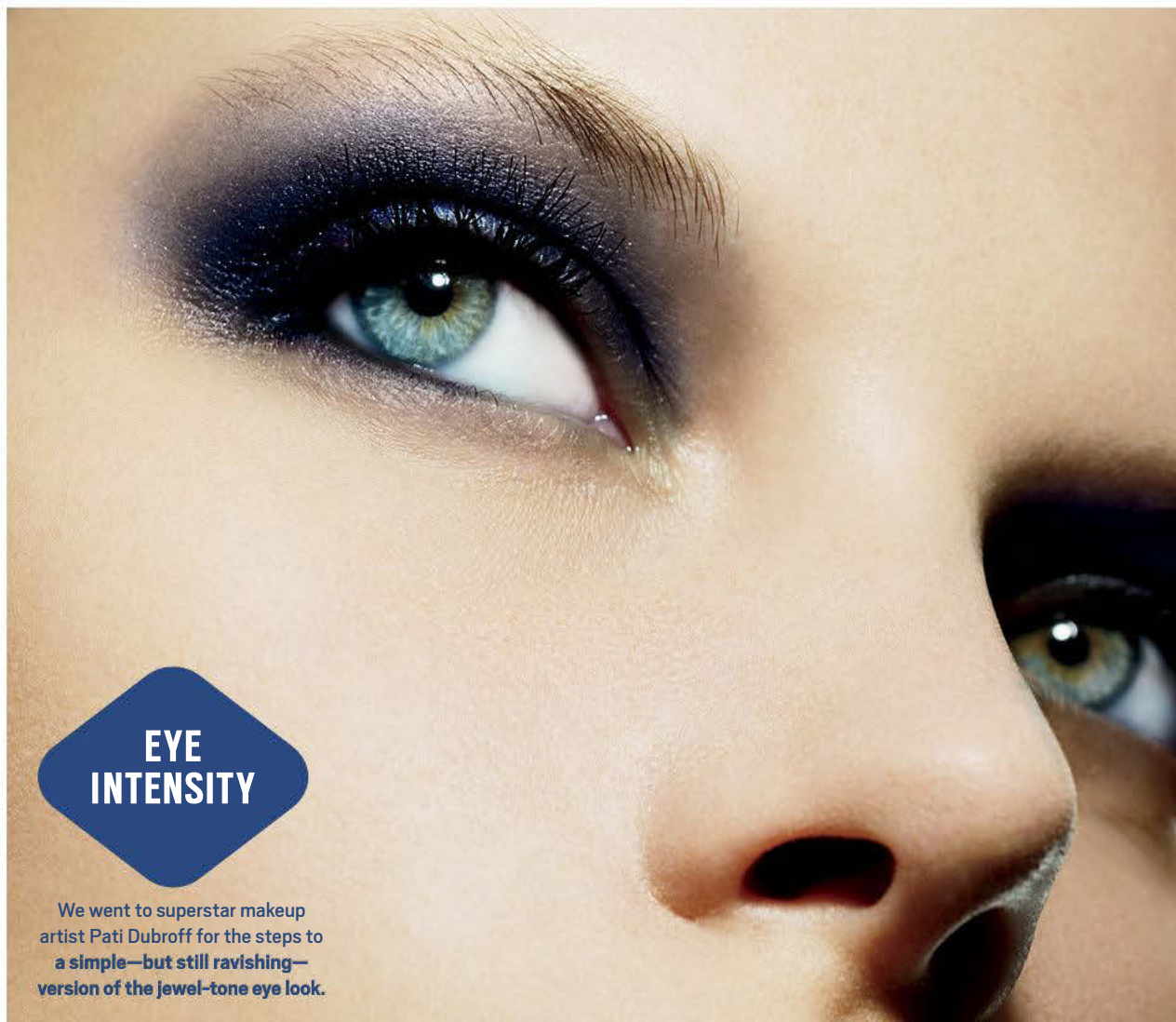
Clockwise from top right:
Sonia Kashuk Nail Colour in *Wicked Attraction* (\$5; target.com),
OPI Nail Lacquer in *Worth a Pretty Penne* (\$9.50; drugstores),
Jin Soon Nail Polish in *Cachet* (available in the Chinoiserie Collection Set, \$42; sephora.com),
Misha Nonoo for *Sally Hansen Complete Salon Manicure* in *Lady T* (\$8; drugstores), *Steven Klein* for *Nars Nail Polish* in *Hard to Get* (\$20; narscosmetics.com),
CND Vinylux Weekly Polish in *Rouge Rite* (\$10.50; loxabeauty.com).



O, Beautiful!

Magic Moments

Whether you accent your gorgeous eyes or dress up your lips, go for a luscious jewel tone, one of the season's biggest makeup trends. Prepare to dazzle!



EYE INTENSITY

We went to superstar makeup artist Pati Dubroff for the steps to a simple—but still ravishing—version of the jewel-tone eye look.

1 Choose a powder eyeshadow in a color that suits your skin tone: Sapphire works on everyone, Dubroff says. Amethyst often has a reddish hue, so steer clear if you have any ruddiness. Emerald is a good option for medium to dark complexions.

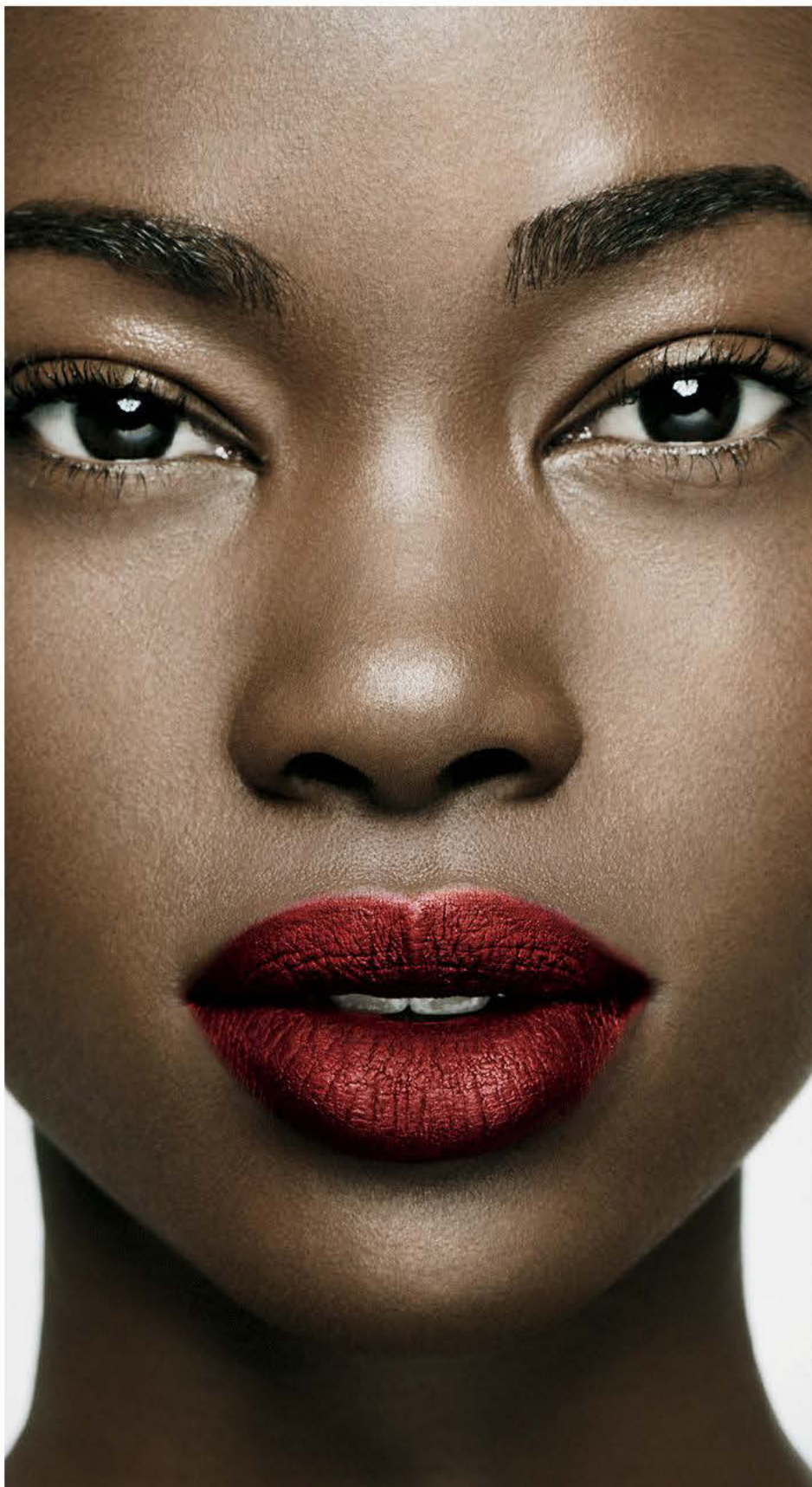
2 Trace along your upper lashline with pencil. If you're wearing sapphire shadow, you want black or deep indigo liner. For amethyst, go with eggplant or chocolate; for emerald, dark brown or slate. "The muted liner will prevent the shadow from looking too bright," Dubroff says.

3 Using a small brush, sweep the shadow over the pencil line, concentrating the color above your pupil. "And keep it tight to the liner," says Dubroff.

4 Add a coat of black mascara to your top lashes followed by a swipe of mascara in the same color as your eyeshadow.

5 Dust powder blush on the apples of your cheeks. If your skin is dark, try fuchsia. Olive complexions look best in peach, and for very fair skin, stick with rosy shades.

6 For lips, opt for a sheer stain or balm "in the same color family as your blush," says Dubroff—a berry, an apricot, or a soft pink.



KISS, KISS

Dubroff shares her **no-fail method for creating a glamorous jewel-tone mouth.**

1 For a smooth application, first prep your lips. Swipe on a coat of balm and exfoliate using a dry washcloth or a lip scrub. Finish with another layer of balm to moisturize.

2 Apply concealer along the edges of your mouth to cover any darkness or redness. This creates a subtle contrast that will enhance your lipcolor.

3 Pick a lipstick with a rich velvet or satin finish. (Dubroff prefers long-lasting liquid formulas, which are highly pigmented and create a light sheen.) Avoid matte or high-shine textures. For fair skin, look for a ruby hue; if you're olive or darker, choose a deeper garnet shade.

4 Swipe on the color and spread it with your finger. Using a lip pencil in a matching shade, trace the outline of your mouth. Finally, reapply the lipstick and press your lips together to blend it with the pencil.

5 Since the focus will be on your mouth, you'll want soft, subdued eye makeup—but be sure to define your brows to balance your striking lips.



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A woman with short brown hair, smiling and resting her chin on her hand, is seated in a voluminous red tulle gown. She is positioned in front of a dense wall of dark green leaves and red roses. The lighting is soft, highlighting her features and the texture of the dress.

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O, Beautiful!



Val's BEAUTY BUZZ

O's beauty director, **Valerie Monroe**, on what you need...and what you'll love.

ONE-SENTENCE REVIEW

Erborian BB Crème au Ginseng (\$39; sephora.com)

This flattering balm from Korea gives you broad spectrum SPF 20 (yes, in fall and winter you still need sun protection) and evens out your complexion while leaving a soft, velvety finish.



Something to Celebrate

Though I usually shy away from shimmer, Poppy King (a.k.a. the Lipstick Queen) has royally emboldened me with her new **All That Jazz** collection (\$28 each; lipstickqueen.com). Four moisturizing shades—scarlet **Hot Piano**, pink **Cool Gin**, purple **Whoopee Spot**, and deep red **Paint the Town**—impart a rich pigment with a molten metal finish. I'll leave Whoopee Spot to the younger set, but the pink and reds will be my mainstays this holiday season.

Cold Comfort

Of all winter's petty annoyances, dry skin ranks right up there with flyaway hair and weight gain.

About the hair problem: See Ask Val, below.

About the dry skin: I'm singing the praises of **Origins Three Part Harmony**, a two-part regimen (go figure) featuring a hydrator-packed **Oil-Infused Serum** and **Nourishing Cream** (\$69 each; origins.com), each of which contains a blend of super-emollients that restore moisture loss. About the weight gain: You're on your own.



Five Singular Scent-sations

If Yves Saint Laurent labels are scarce in your wardrobe but you dream of couture, I know how you feel. So you might want to invest in one of these: **Le Vestiaire des Parfums** (\$250 each for 4.2 ounces; bergdorfgoodman.com), a collection of five chic new scents from the iconic fashion house. Each fragrance was inspired by a signature YSL style: **Saharienne**, the safari jacket (citrusy and green); **Trench** (floral and musky); **Caban**, the peacoat (woody and peppery); **Caftan** (amber and spicy); and **Tuxedo** (smoky and sexy).



Ask
Val

As soon as the cool weather begins, I'm plagued by flyaway hair. Help, please!

The best way to avoid flyaways is to keep your hair well moisturized, says Jennifer Matos, stylist at the Rita Hazan Salon in New York City. Be sure to use conditioner after you shampoo; it coats the strands so they're less prone to the positive charges that cause static. Jennifer and I are partial to **Rita Hazan Weekly Remedy** (\$42; ritahazan.com), which doesn't weigh hair down. If you have a few flyaways around your hairline or part, spray a little hairspray on a toothbrush and gingerly brush them into place.



If you have a question about makeup, skincare, or haircare, ask Val at askval@hearst.com or oprah.com/askval. Follow Val on Twitter @thisisvalmonroe.

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Feeling Good

5 PREWORKOUT MOVES, DIABETES 101, EVERYDAY CANCER FIGHTERS



THE NEW RULES OF Stretching

Forget what you thought you
knew about being limber.
Here's the future of flexibility.

BY *Alice Oglethorpe*



For as long as I can remember, I've been terribly unbendy. The first time I realized just *how* unbendy was during the sit-and-reach portion of the Presidential Physical Fitness Test in elementary school. All the other 7-year-olds easily leaned way over their toes; I could barely get my fingers past my knees.

A full 28 years passed, and my ability to touch my toes didn't improve one inch (literally). I felt pathetic as I watched women in my yoga classes straighten their legs and touch their heels to the floor during downward dog while I was doing more of a crouching tiger. Sick of being the stiff one in the room, I scheduled a consultation with

David Reavy, founder of React Physical Therapy in Chicago. Reavy, who's been a physical therapist for 17 years and has worked with professional athletes like Chicago Bears running back Matt Forte and Joakim Noah of the Chicago Bulls, has created a signature method that enhances flexibility and was going to put me and my hamstrings through their paces.

Like most gym enthusiasts, I give little thought to my flexibility and instead focus on strength training and cardio. Racking up miles on runs through my neighborhood and doing crunches until my abs ache feels like the best use of my limited workout time.

Why stretch for more than five minutes when I could be putting in *real* work? When I tell Reavy this, he nods knowingly. Apparently, I'm not the only one who rolls her eyes at the idea of stretching as an art form. "Our culture places a premium on strength and power, and as a result anything that has to do with mobility or stability feels like a waste of time," he says. "But the opposite is true. Having a full range of motion actually helps you achieve better results when you perform your regular workouts. Loosening tight and overworked muscles can improve your posture, give you more toned thighs, and even make it easier to flatten your abs." Another reason to get stretching: Tightness is often a precursor to injury and chronic pain.

When I meet Reavy at his training studio in the West Loop of Chicago, the first thing he has me do is try to touch my toes. My fingertips hover about 18 inches above my feet, my arms dangling sadly. Then he has me lie on my side and press my leg as hard as I can against his hand. Finally, I lie on my back while he lifts one leg up toward my head as far as it'll go. The result: not far. As he watches the way my body works, Reavy explains the reason people (myself included) are so tight. "Most people's bodies are imbalanced," he says. "And when you're off-kilter, you end up overusing certain muscles, which leads to tightness." His solution: Fix the imbalances, fix the flexibility issues. According to Reavy, once your body is back in alignment and you activate muscles that aren't performing efficiently, everything starts working equally, and muscles can relax when they aren't in use.

This concept—that everything in your body is constantly reacting to everything else—has a name: kinetic chain theory. "All the joints in your body are interconnected," says Darin Padua, PhD, director of the Sports Medicine Research Laboratory and chair of the department of exercise and sports science at the University of North Carolina at Chapel Hill. "If one joint lacks mobility, the body will figure out a way to compensate—which creates instability at another joint." Your body is such a natural at coming up with work-arounds that you don't even notice





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it's happening until you start to lose range of motion.

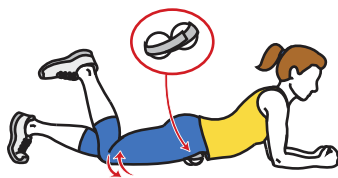
The knee-jerk reaction to stiffness is to target the part of the body that feels tight. Give it a quick stretch, and then stretch some more until you feel a little looser. I was starting to see the problem with this approach: In effect, it deals only with the last domino in the chain. If you really want to cure yourself of stiffness, you have to start with the root issue: the muscles responsible for creating the imbalance in the first place. If I was ever going to loosen up my hamstrings, I needed to show my hip flexors some love. "Most people have tight hip flexors from sitting incorrectly all day long—the pelvis is tilted too far forward, feet are tucked under the chair, and arms are often too outstretched," says Reavy. "To compensate, hip flexors push your pelvis out of alignment, which tells your glutes they don't need to work as hard, which means your hamstrings have to pick up the slack, which causes them to become overworked."

To solve imbalances like mine, Reavy determines the root of the problem (the first domino), then zeroes in on the trouble spot. In my case, this means I lie down and he applies serious pressure with his knuckles (overused muscles can be pretty deep under the skin) to each of my hip flexors, while I make a simple back and forth motion with my bent leg. "Having you contract and lengthen the muscle while I apply pressure allows me to go deeper than I would be able to if you were just lying there without moving," he explains. "That's why you'll notice faster results than you would with massage. Even deep tissue massages aren't likely to change the reflexive component in the muscle and get it to calm down." After about 30 seconds, Reavy pushes deep into the band that runs down the outer side of my thigh. The amount of pressure he applies makes me wince, but the pain is worth it—I can actually feel the muscles relaxing under his fingers. I stand up, lean toward my toes again, and miraculously discover that I've gained a few inches of reach.

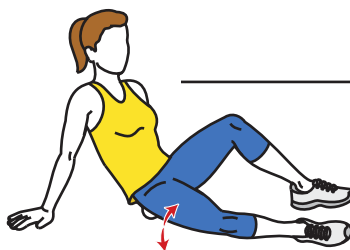
Reavy repeats his approach with other tight areas: He applies pressure; I slowly rock the troubled limb back and forth. By the end of our hour-long session, I'm an astonishing 17 inches closer to my feet. A mere inch from my goal! As I hug Reavy—what can I say, I feel emotional about my accomplishment—he isn't surprised. "The first time people release their muscles, they often see pretty incredible changes immediately," he says. All I know is that my 7-year-old self is very proud.

5 MUST-DO STRETCHES

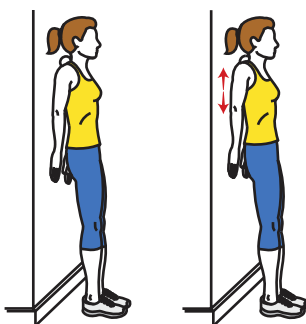
Get loose with these Reavy-approved releases. Do them three times a week, in order, before you exercise or on their own. "These moves work on the most common trouble areas for women," says Reavy. "You'll feel more balanced in the upper and lower body, create strength in the abs, and get all your muscles working better." You'll need a foam roller and some lacrosse balls (don't sub in tennis balls; they aren't hard enough).



1 HIP FLEXOR RELEASE: Tape two lacrosse balls together, lie on stomach, and place balls just below right hip bone. Lean weight on balls, bend right knee at a 90-degree angle, and swing right leg side to side. Do for 30 seconds. Repeat on other side.



3 GLUTE RELEASE: Sit with knees bent and feet flat on floor. Place lacrosse ball under right glute. Move bent right leg side to side while flexing foot. Do for 30 seconds. Repeat on other side.



2 VASTUS LATERALIS RELEASE: Lie on left side using forearms as support and place a foam roller under left thigh. Roll for 30 seconds, moving from base of hip to top of knee. If you find a tender spot, stop, bend knee at a 90-degree angle, then straighten. Repeat motion for 15 seconds at each tender spot. Repeat on right side.



4 TRICEP RELEASE: Lie on side with arm extended and foam roller under tricep. Find a tender spot, stay there, and bend and straighten forearm for 10 to 15 reps. Repeat at each tender area, then switch sides.

5 UPPER TRAP RELEASE: Stand near ball placed between wall and the spot where neck and shoulder meet. Find a tender area, stay there, and shrug shoulder up and down for 45 seconds. Switch sides and repeat.

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Are You at Risk for Diabetes?

For more than a third of Americans, the answer is yes. But you can do something about it. First step: Take this quiz. **BY Brittany Burke**

AN ESTIMATED 86 million American adults are prediabetic—they have higher than normal blood sugar levels that, barring intervention, will put most of them on track to develop full-blown type 2 diabetes in the next ten years. The good news: Even if you're in this group, it's not too late to shift course, says Elizabeth Venditti, PhD, a principal investigator with the National Institutes of Health's Diabetes Prevention Program Outcomes Study. Grab a pencil and get healthier.

1. You're out to dinner. What should you order?

- A** Salad with salmon
- B** Chicken and veggies
- C** Chicken, veggies, and a quinoa salad

Answer: C There's lots of chatter about plant-based and carb-free diets being the healthiest, but when it comes to type 2 diabetes, the most important thing is calorie control and proportions. "Half your plate should be fruits and vegetables, a quarter can be starches and

grains, and another quarter should be protein," says Venditti. Keep in mind that consuming protein and vegetables before carbs may lead to lower insulin spikes, according to recent research.

2. TRUE or FALSE: Watching more than two hours of TV per day can increase your risk for diabetes.

Answer: TRUE Studies have shown that parking it on the couch for long stretches of time can put you at greater risk. "You need at least 150 minutes of brisk activity every week," says Venditti. But don't stop there: A recent review showed that exercise alone may not completely counteract the dangers of prolonged sitting, so make it a habit to move more throughout the day and take mini walks whenever you can spare a few minutes. To monitor your progress, consider investing in a fitness tracker. While the default step goal on many trackers is set to 10,000, a 2012 report recommends 7,500 or more steps daily as a good beginner benchmark.



3. Which breakfast is the best diabetes fighter?

- A** Bacon and eggs
- B** Fiber-rich cereal
- C** A blueberry muffin

Answer: B In a study of more than 365,000 adults, those who ate the highest amount of fiber found in cereals and whole grain products regularly had a 34 percent lower risk of dying from diabetes than those who consumed the least.

4. What's the riskiest morning beverage?

- A** Cold-pressed fruit juice
- B** Milk
- C** Black coffee

Answer: A That kale-grapefruit-pineapple concoction can be a sugar bomb. Many store-bought bottles of juice contain more than 20 grams of sugar. And beware other sweet drinks: A

new study discovered that downing beverages with added sugar was associated with a 13 percent greater rate of diabetes per daily serving.

5. Where on your body should you be most conscious of gaining weight?

- A** Butt
- B** Stomach
- C** Thighs

Answer: B One study found that obese women with a waist circumference (WC) greater than 35 inches were nearly 32 times likelier to develop diabetes than those with a normal BMI and a WC below 31½. Though weight gain can seem inevitable with age, reduce belly fat by focusing on exercises that mix cardio and resistance training. Tack that onto your 7,500 steps, and you'll be off on the right foot. **D**

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In many cases, cancer appears to attack randomly. Why some people get it and others don't remains mostly a mystery. Still, the World Cancer Research Fund estimates that about one-quarter to one-third of all cancer cases could be eliminated with dietary changes and increased physical activity. Translation: Your actions can have a real effect on your health. But you don't have to overhaul your life to take a stand against cancer. Minor changes can have major impact. Start with these:

SWAP SITTING ALL DAY FOR LONG WALKS

Abundant research has shown that people who exercise regularly have a lower risk of certain cancers, and when it comes to breast and lung cancer, two recent studies presented this year at the American Society of Clinical Oncology's annual meeting clearly show why you should really get moving. In a study of more than 130,000 postmenopausal women, those who spent more time exercising were less likely to develop lung cancer than their inactive sisters. Benefits were seen even among smokers. Exercise also seems to influence breast cancer risk: Researchers in France found that women who were the most physically active were 12 percent less likely to develop breast cancer than those who moved the least.

SWAP DECAF FOR CAFFEINATED COFFEE OR TEA

Java lovers, rejoice: Downing five or more cups of caffeinated coffee or tea daily may slash your brain cancer risk by roughly 40 percent in some cases, according to a Harvard-led study. Caffeine decreases blood flow to the brain and, as a result, may inhibit tumor growth.

SWAP BROCCOLI FOR BROCCOLI SPROUTS

Sick of munching on bland florets? Try adding their seedlings to your next meal. Broccoli sprouts (three- or four-day-old broccoli plants that closely resemble alfalfa sprouts) produce ten to 100 times more sulforaphane, a compound that may limit the growth of cancerous tumors, than full-grown broccoli. Plus, new lab research from the University of Pittsburgh found that giving broccoli sprout extract

to animals prone to oral cancer reduced the occurrence of the disease. When the extract was given to a small group of humans, promising changes were noticed in the lining of the mouth.

SWAP SLEEPING IN FOR WAKING EARLY

A recent study in the journal *Cancer Causes & Control* suggests that women who reported sleeping longer than ten hours on a regular basis may have an elevated risk for certain cancers. In fact, the researchers found that peri- and postmenopausal super-sleepers were 30 percent more likely to develop estrogen-related cancers, including endometrial, ovarian, and breast cancers. Aim to clock no more than nine hours a night, and don't hit snooze!

—JIHAN THOMPSON



Jane Elterman
Lung cancer patient at
Cancer Treatment Centers
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While women are more likely to develop breast cancer, lung cancer is far more dangerous. It can strike anyone, at any age, even if they have never smoked.

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References:

1. cdc.gov/cancer/dcpc/data/women.htm
2. lungforce.org/womens-lung-health-barometer-infographic

3. U.S. National Institutes of Health, National Cancer Institute: SEER Cancer Statistics Review, 1973-2011
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THE SIGNS OF LUNG CANCER

As dangerous as lung cancer can be, it is treatable and survivable. **MORE THAN 400,000 PEOPLE DIAGNOSED WITH LUNG CANCER ARE ALIVE TODAY.**⁴ Your best chances of successfully fighting lung cancer start with early detection. To learn more about lung cancer screening, visit LUNGSCREENINGSAVESLIVES.ORG.

WARNING SIGNS If you experience any of the following symptoms, see your doctor right away:



A COUGH
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UNEXPLAINED
SHORTNESS
OF BREATH OR
WHEEZING



RECURRING
INFECTIONS SUCH
AS BRONCHITIS
OR PNEUMONIA

IF YOU ARE DIAGNOSED

Education is empowering, so learn about your type and stage of lung cancer and the latest treatment options. Find a team of experts with whom you feel comfortable, one that will take the time to answer all of your questions and explain the alternatives. And don't delay.

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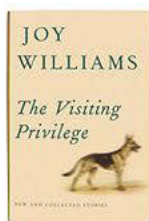


Dark and Bright Wonderings

Joy Williams's new collection cements her standing as one of our most intriguing fiction writers.

LIKE AN ART RETROSPECTIVE, the publication of a volume of selected short stories late in an author's career is an opportunity to assess a lifetime's work. Sometimes the styles and subject matter are so varied as to make for an ungainly grouping; in other cases, a harmony of voice and vision emerges. **The Visiting Privilege: New and Collected Stories** (Knopf), which includes 33 works culled from previous collections and 13 appearing in book form for the first time, is powerfully united by Joy Williams's profound gift for illuminating, with compassion and mordant humor, characters on the jagged edge of grief and spiritual ruin.

In "The Mother Cell," a group of mothers bound by violence—they all have children who are murderers—attempt to consider their legacy. "Taking Care" depicts a preacher who must care for the grandchild his daughter has abandoned as his wife's health falters. In "The Country," a newly single father traverses desolate terrain to attend meetings of Come and See!, a gathering of misfits that includes a woman who believes her life's purpose is to accompany the dying through their final moments. But in the end, these gestures toward fellowship offer little



solace. The search for mercy is at odds with a landscape that is increasingly merciless—and yet hope remains.

While the world views of Williams's characters are uncompromisingly truthful—"We've settled nothing," says one of the women in "The Mother Cell"—the stories are rich with tenderness. There is the theater usher who tries to save an unspooling alcoholic, and the unfathomable love of a man for his wife: "He shares his heart with her, all that there is."

The Visiting Privilege is also laced with Williams's trademark cutting wit, which provides a small release, as of steam escaping through a pressure valve, while also pushing the stories' dark absurdity. Williams is a wonderfully tricky writer to categorize—her work does not appear to belong to a single school or style—but there is a moment in "Honored Guest" when the young narrator, Helen, speaks not only to the crux of her own situation, but to the collection as a whole: "To live was like being an honored guest. The thought was outside her, large and calm. Then you were no longer an honored guest. The thought turned away from her and faded." —LAURA VAN DEN BERG



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True Grit

The latest tales from **Bonnie Jo Campbell** offer dispatches from the brokenhearted.

THE WORKING-CLASS WOMEN of rural Michigan find their voices in Bonnie Jo Campbell's third volume of short stories, **Mothers, Tell Your Daughters** (W.W. Norton).

While unflinching, Campbell avoids the morbid fascination so common in sagas where sexual abuse is a theme (looking at you, *Game of Thrones*) and roots us in the clear-eyed if weary perspectives of her female characters. The title story is narrated by a farmer rendered mute by a stroke, but whose internal monologue crackles with wit and agency. "None of my busted ribs left scars. Neither did my rape," she tries to tell her daughter. "No scars from bringing six children into the world, and if there was great pain in giving birth, I don't remember it, and you can tell people that."

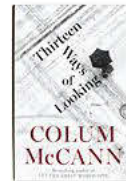


She is not alone in her resilience. At the bleeding heart of each of these 16 stories is the question of how to be a strong woman. In the cathartic "A Multitude of Sins," a wife follows decades of acquiescence with delicious months of spousal revenge. Several characters express strength in love both ferocious and blind, while others leave home without looking back, find men or abortion clinics, or admit they are still children after all and return to their mothers.

What it comes down to, in Campbell's world and ours, is that to be female is to fight all kinds of trouble with all kinds of strength, and then rise the next morning and resume the unglamorous, necessary work of survival. —**NATALIE BEACH**

THE LANGUAGE OF FEELING

National Book Award winner **Colum McCann** finds poetry in life's toughest moments.



COLUM MCCANN doesn't write stories so much as compose sonatas, interweaving a range of rhythms and tonalities to create a luxuriant music. His new collection, **Thirteen Ways of Looking** (Random House), traces the journeys of his characters in lyrical

prose that heightens the perils and losses they struggle to overcome.

A translator in Galway is plunged into a gut-wrenching crisis when her deaf son vanishes, leaving her stranded amid the wreck of her life. An elderly Irish nun flees a sanctuary to confront the Colombian diplomat who raped her decades earlier: "She watches through the window as Carlos yanks open the rear door of a car. Something apparitional in the moment. A man immune to himself. It looks to her as if he is stepping into a caisson of his own loneliness." "What Time Is It Now, Where You Are?" deconstructs a writer's process as he tinkers with a piece about a female marine on sentry duty in Afghanistan, her heart fluttering in the bull's-eye of danger as she dials her partner and son in South Carolina, "the stars themselves like bullet holes above her." And in the title novella, set on Manhattan's Upper East Side, McCann toggles between a retired judge and the detectives investigating his murder outside an Italian restaurant, a crime captured on a security camera.

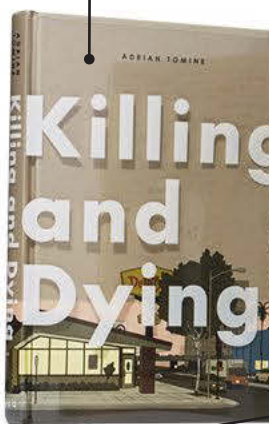
Influenced by the assault McCann suffered last June on a street in New Haven, Connecticut, the stories explore themes of voyeurism and the fractious relationship between art and life, in a page-turner that rings with echoes of Wallace Stevens, James Joyce—and *Law & Order*. Suffused with melancholy yet bright with beauty, the collection reaffirms McCann's stature as one of our essential literary voices. —**HAMILTON CAIN**



10 Titles to Pick Up Now

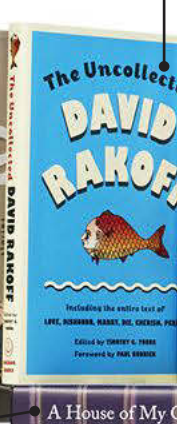
Killing and Dying
by Adrian Tomine

This melancholic, deadpan graphic novel features vivid character studies of mothers, veterans, lowlifes, and teenage comedians striving to beat back isolation and escape the boxes that confine them.



The Uncollected David Rakoff
by David Rakoff

Personal essay, etiquette diatribe, rhyming novella—the dizzying work of the late, preposterously talented Rakoff has finally been corralled in an anthology of profound entertainment.



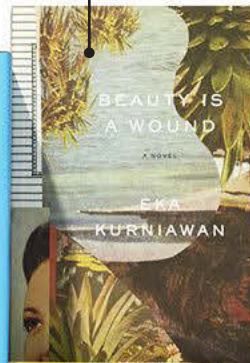
The Clasp
by Sloane Crosley

A secret unearthed at a wedding launches three friends on a journey in search of a missing necklace and their lost youth in this knockout of a first novel by the essayist who brought us *I Was Told There'd Be Cake*.



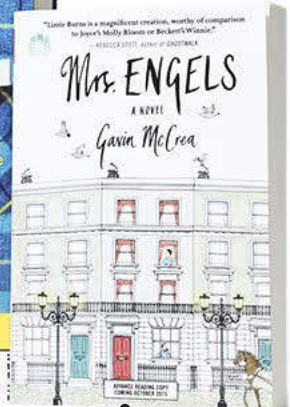
Beauty Is a Wound
by Eka Kurniawan

Beginning with a prostitute rising from the grave, this Indonesian folkloric epic is lush and picaresque, marking the English-language debut of a master novelist not to be missed.



Dryland
by Sara Jaffe

Set against a 1992 backdrop of REM and the AIDS crisis, this shockingly authentic coming-of-age novel tosses its heroine (along with the reader) into the deep end of high school angst.



A House of My Own
by Sandra Cisneros

Rather than “weaving [her] own death shroud” by writing an autobiography, the *House on Mango Street* author has documented her life through a mélange of essay, poetry, and battle cry.

The New and Improved Romie Futch
by Julia Elliot

A sad-sack taxidermist joins an intelligence experiment and instantly becomes a certified genius in this frenetically surreal novel.



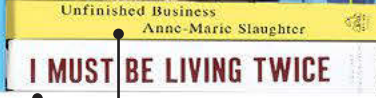
I Must Be Living Twice
by Eileen Myles

Dubbed “a rock star of modern poetry,” Myles has inspired a generation of postpunk, activist, and queer feminist performers with her radically unflinching verse. Join the movement with this new collection.



Unfinished Business
by Anne-Marie Slaughter

When Secretary of State Hillary Clinton's director of policy planning resigned to spend more time with her family, she embarked on an investigation into the “motherhood penalty.” The result is a sobering look into the question, what will it take for women to finally have it all?

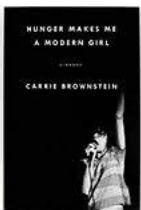


Mrs. Engels
by Gavin McCrea

The illiterate lover and eventual wife of a coauthor of *The Communist Manifesto* is the star of this enthralling work of historical fiction. —N.B.

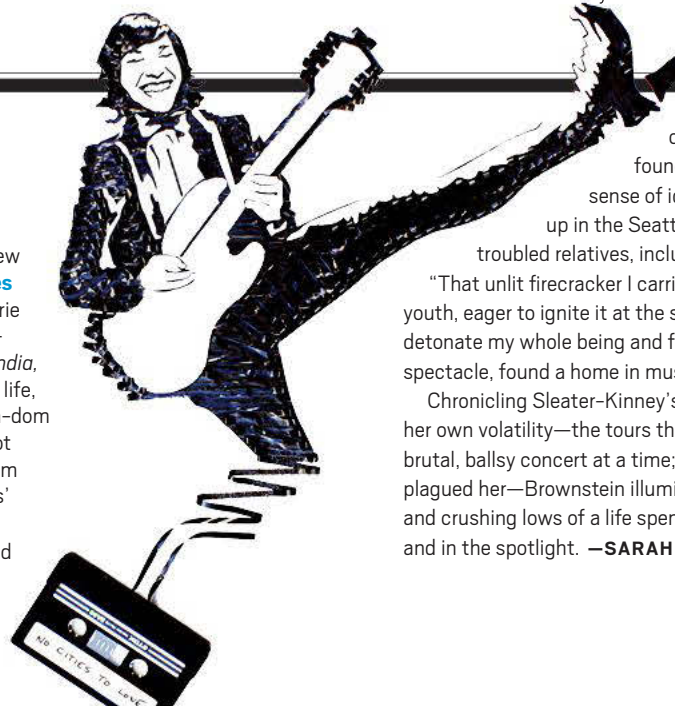
Show Time

An alt icon delivers her wildest anthem yet.



MEET YOUR FIERCE and funny new comrade-in-arms. In *Hunger Makes Me a Modern Girl* (Riverhead), Carrie Brownstein, of punk rock's Sleater-Kinney and IFC's cult TV hit *Portlandia*, takes us on a backstage tour of her life, from quirky kid-dom to angsty teen-dom to the feminist subculture of the riot grrrl scene to not quite superstardom (being her own roadie by day and sleeping on strangers' filthy floors by night).

Like anyone who's ever felt adrift, Brownstein craved



community. In music she found solace, shelter, and the sense of identity she lacked growing up in the Seattle suburbs among her troubled relatives, including an anorexic mother:

“That unlit firecracker I carried around inside me in my youth, eager to ignite it at the slightest provocation, to detonate my whole being and fill the room in a glowing spectacle, found a home in music.”

Chronicling Sleater-Kinney's tumultuous history and her own volatility—the tours that electrified fans, one brutal, ballsy concert at a time; the anxiety that often plagued her—Brownstein illuminates the euphoric highs and crushing lows of a life spent both on the fringes and in the spotlight. —SARAH MEYER



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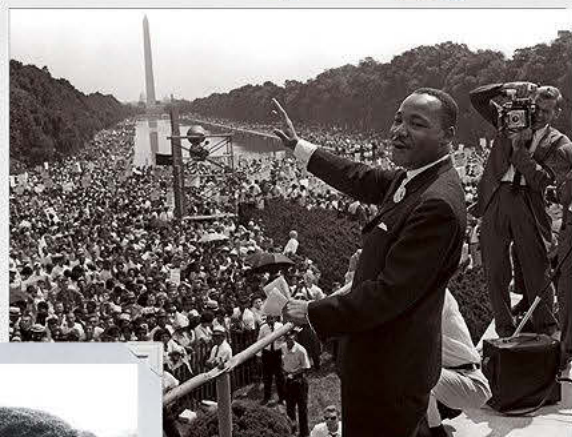
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A LIFE IN PICTURES

Clockwise from left: Steinem, 1972 and 1965; Martin Luther King Jr. waving to supporters during the March on Washington, 1963; at home in New York City, 2010; on the move, 1980; with new friends in Calcutta, circa 1957; author James Baldwin, also at the march.



GLORIA STEINEM is often asked why she still has hope and energy after more than 50 years as an activist. Her answer: “Because I travel.” *My Life on the Road* (Random House) chronicles her itinerant adventures and the connections she’s made all over the world as a result. The memoir, like Steinem herself, is thoughtful and astonishingly humble. It is also filled with a sense of the momentous while offering deeply personal insights into what shaped her, among them this simple coda: “We have to behave as if everything we do matters,” she writes. “Because it might.” In this excerpt, she recalls one of the days that mattered the most.

In 1963, I was making a living as a freelance journalist, writing style pieces and profiles of celebrities—not the kind of writing I had imagined when I came home from India after two years of traveling and studying there in the late 1950s. One day I read that Martin Luther King Jr. was leading a March on Washington—a massive campaign for jobs, justice, new legislation, and federal protection for civil rights marchers who were being beaten, jailed, and sometimes murdered in the South, all with police collusion. However, I couldn’t get an assignment to write about it.

True, I did have a long-sought assignment to write a profile of James Baldwin—who was expected to speak at the march—but the prospect of following him around amid multitudes seemed impossible, intrusive, or both. Plus I’d be able to see and hear his speech better on television. Also, the press was full of dire warnings about too few people and a failed event, or too many people and violence. The march was being called too dangerous (by a White House worried that it could turn off moderates in Congress who were needed to pass the Civil Rights Act), and too tame (by Malcolm X, who said that asking for help from Washington was needy, not self-sufficient, and unlikely to succeed).

For all those reasons, I decided not to go to the march—right up until I found myself on my way.

All I can say years later is: If you find yourself drawn to something against all logic, go for it. The universe is telling you something.

On that hot August day, I was just one person being carried slowly along in a sea of humanity. I washed up next to “Mrs. Greene with an e,” an older, plump woman wearing a straw hat who was marching with her grown-up, elegant daughter. As Mrs. Greene explained, she had worked in Washington during the Truman administration, in the same big room as white clerks, yet she had been segregated behind a screen. She hadn’t been able to protest then, so she was protesting now.

As we neared the Lincoln Memorial, Mrs. Greene pointed out that the only woman seated on the speakers’ platform was Dorothy Height, head of the National Council of Negro Women, an organization that had been doing the work of racial justice since the 1930s, and even she hadn’t been asked to speak. Mrs. Greene wanted to know: *Where is Ella Baker? She trained all those SNCC [Student Nonviolent Coordinating Committee] young people. What about Fannie Lou Hamer? She got beaten up in jail and sterilized in a Mississippi hospital when she went in for something else entirely. That’s what happens—we’re supposed to give birth to field hands when they need them, and not when they don’t. My grandmother was dirt poor and got paid seventy-five*

dollars for every live birth. The difference between her and Fannie Lou? Farm equipment. They didn’t need so many field hands anymore. This is black women’s story, from rape to sterilization. Who will speak about that?

I had not even noticed the absence of women speakers. And I’d never thought about the racial reasons for controlling women’s bodies. I felt a gear click into place in my mind. It was like India, where high-caste women were restricted and women at the bottom were exploited. Living in India had made me aware of how segregated my own country was. But Mrs. Greene made me understand the parallels between race and caste—and between women forced to give birth as society dictated. Different prisons. Same key.

Mrs. Greene’s daughter rolled her eyes as her mother told me about complaining to their state delegation leader. He had countered that Mahalia Jackson and Marian Anderson were singing. *Singing isn’t speaking*, she told him in no uncertain terms.

I was impressed. Not only had I never made any such complaints, but at political meetings I had given my suggestions to whatever man was sitting next to me, knowing that if a man offered them, they would be taken more seriously. *You white women*, Mrs. Greene said kindly, as if reading my mind, *if you don’t stand up for yourselves, how can you stand up for anybody else?*

As streams of people surged toward the Lincoln Memorial and the speakers’ platform, the three of us were separated. I used my press credentials to climb the steps, hoping to see Mrs. Greene and her daughter. But when I turned around, what I saw instead was a vista I will never forget. Stretching over the expanse of green, past the reflecting pool, past the Washington Monument, all the way to the Capitol, were a quarter of a million people. They looked calm, peaceful, not even pressing to come closer to the speakers, as if each individual felt responsible for proving that the fears of violence were wrong. We were like a nation within a nation. I thought: *I wouldn’t be anywhere else on this earth.*

Martin Luther King Jr. read his much-anticipated speech in a deep and familiar voice. I’d always imagined that if I were present at an historic moment, I would know it only long afterward, but I recognized this was history in the moment.

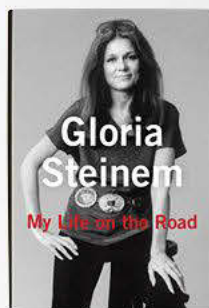
As King ended his speech, I heard Mahalia Jackson call out, “Tell them about the dream, Martin!” And he began the “I have a dream” litany from memory, with the crowd calling out to him after each image—*Tell it!* What would be most remembered had been least planned.

I hoped Mrs. Greene heard a woman speak—and make all the difference.

EXCERPT

Come Together

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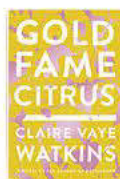
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Reading Room

EXODUS

A novelist imagines
a California apocalypse.



CLAIRE VAYE WATKINS'S extraordinary debut novel, **Gold Fame Citrus** (Riverhead), is set in a terrifyingly plausible future, when the Golden State has been destroyed by drought.

The Southwest has been evacuated; refugees from the expanding desert are known as Mojavs. Among the survivors are ex-soldier Ray and his girlfriend, Luz.

Crashing in an abandoned mansion in the Hollywood Hills, the couple survives on crackers, ration cola, and anemic black-market fruit. (Watkins's prose vividly captures the devastation. She describes "a coyote carcass going wicker in the ravine" and "an avocado whose crumbling taupe innards once made you weep.") But after Luz and Ray take in a 2-year-old girl, Ig, they know they can no longer stay. During their trek east, they reach the Amargosa, the enormous "dune sea" between California and Nevada. At its shore is a miraculously thriving colony led by a prophet named Levi. Raised Mormon, Levi

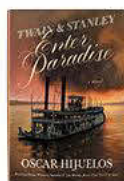


fancies himself a modern-day Joseph Smith, guided by revelations. Levi is considered a divine dowser who finds water from ephemeral rivers. Ray doubts Levi, but Luz, desperate to believe in something, is reluctant to look too hard at whether the prophecies are real or a mirage.

Gold Fame Citrus explores the power of both the natural world and mythmaking. Early in the novel, Ray tells Luz, "California people are quitters. No offense. It's just you've got restlessness in your blood.... Your people came here looking for something better. Gold, fame, citrus." The novel is in fact filled with seekers: people with a thirst not just for water, but also for purpose and faith. In that sense, *Gold Fame Citrus* is finally a religious story, a particularly American one—giving voice to the pioneer's faith in self-invention. —ELLIOTT HOLT

The Last Dance

A beloved author's final novel is a celebration of curiosity and companionship.



IT'S BEEN more than 25 years since the appearance of *The Mambo Kings Play Songs of Love*,

the exhilarating samba of a second novel by Oscar Hijuelos. This was nearly a decade before *Buena Vista Social Club* popularized the hypnotic rhythms of Havana, yet Hijuelos's depiction of a Cuban musician who immigrates to the U.S. and must ultimately settle into life as a building super was so vivid, the artist's thwarted passion and ambition so palpable, that notes seemed

to leap off the page into song.

In the years since *Mambo Kings* won Hijuelos the Pulitzer Prize, he went on to publish seven more books before dying two years ago of a heart attack at age 62. But this month his last work is being released. Lori Carlson, Hijuelos's widow and a writer herself, tenderly prepared her husband's novel for release, working closely with the book's editor.

Twain & Stanley Enter Paradise (Grand Central) draws on the real-life friendship between Mark Twain and Henry Stanley, the explorer of "Dr. Livingstone, I presume?" fame. It is a rollicking adventure tale, bromance, and

portrait of two fascinating men who battled their way to prominence during an era defined by yellow fever, the Civil War, and a pioneering American zeal.

The themes of *Twain & Stanley* are quite different from those of the novel that made so many of us first fall for Hijuelos. But when the protagonists find themselves in Cuba on a quest to locate Stanley's missing father, we are transported again to the cafés of Havana—cigar smoke wafting, ceiling fans spinning—recalling that young writer who seduced us with his sonorous, sensuous language, a language very much like love.

—LEIGH HABER

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SORE THROAT, ACHING,
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November 2015

What lies beneath the self you show the world?
The real you—the one you've kept under wraps for far too long and who's finally ready to shine. Consider this her **coming out party** (page 118).... A motivating mutt, a parrotlet quintet, and the little three-legged goat that could: Meet a few **creatures whose singular spirits** have changed lives (page 132).... Let us give thanks to whoever invented the **Turkey Day potluck**—because this holiday's about to get even yummier (page 138). For real!



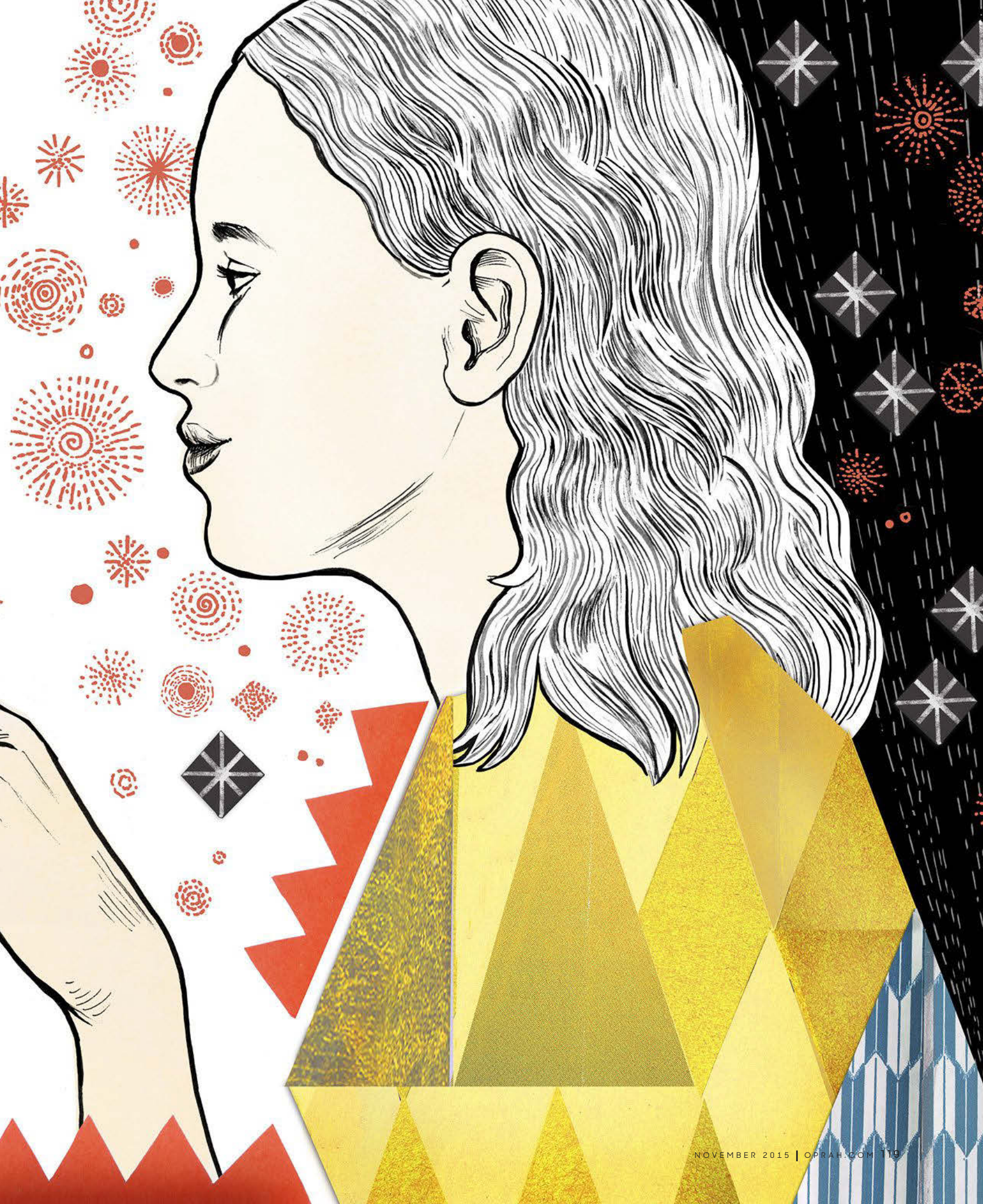
Finding **THE REAL YOU!**



Embracing the most you version of you isn't always easy. It takes wisdom, practice, and, above all, courage. In the pages that follow, meet women who dare to live a more genuine existence, and let them inspire you to do the same.



ILLUSTRATIONS BY *Silja Götz*. PORTRAITS BY *Chad Griffith*.





MOMENT OF TRUTH

WARTS AND ALL

SHOWING YOUR TRUE COLORS CAN GET YOU INTO TROUBLE, SAYS **HEATHER HAVRILESKY**. NOT DOING SO ONLY MAKES IT WORSE.



THIS IS A SCENE that occurred a few months ago: The sidewalk outside the elementary school is sweltering, even at 8 A.M. A woman's voice calls out brightly through a sea of parents: "Hey there, how are you?" I think about my morning, how one daughter cried into her cereal over a homework assignment while the other refused to put on her "ugly" shoes; how I barked at both of them before pulling on sagging running shorts and dashing out the door.

I say, "Great! How are you?"

I always thought of myself as unabashedly authentic, never one to wear a mask. I voiced my opinions and advertised my flaws. I admitted when my life was a wreck—I wrote a memoir filled with embarrassing episodes from my past. (If anything, I was *too* honest.)

But when I moved from my funky neighborhood in Los Angeles to a suburb populated by stay-at-home moms, I suspected that my cynicism, outspoken views, and sloppy, disorganized ways would get me in trouble.

Listen, I know myself. I step on other people's toes easily. I'm self-deprecating, neurotic, sometimes obnoxious. Not everyone likes me. (I do, though!) I knew the odds of misstepping were high. So I forced myself to be friendly, sanding down my edges.

One day I received an email from a local woman about a recent exchange in which she believed I'd slighted her. Her note was snippy. ("Like I already *told* you..." one sentence began. Actually, she hadn't told me.) I let it go. Still, the next time I saw her, she gave me the cold shoulder. So I apologized. It was almost painful, this inauthenticity. I resented it. And soon that resentment—and my thoughts about her—started leaking out in chats with parents in our circle. Despite my attempts to seem agreeable,

I was starting to act like a backbiting jerk.

Then, my closest friend in town, Ann, said to me, "Why don't you just admit that you're not that cheerful or positive? I think everyone would rather know the real you." Finally I got it: I was being patronizing, even rude. I had underestimated these people. They could handle a woman with opinions and an attitude. What they couldn't handle was a liar.

So I stopped acting upbeat all the time. I started to disagree with other people, trusting that they could take it. I loosened up, joked around. I was my flawed, inconsistent, sometimes effusive, sometimes flinty self.

You might think that you'll find the real you, and after that she'll stick around forever. The truth is, every time you move somewhere new or start a job or meet people, you have to take the risk of revealing the real you all over again. And, for me at least, it only gets harder. The better you know yourself, the more worried you become that your iffy qualities will turn people off. As it turned out, it was easier to be kind and generous once I could admit that I was also moody and disorganized. Even better, showing my true self to people let them stop acting like perfect robots, too. Suddenly, instead of having stifled conversations, I was having real talks—often about being moody and disorganized.

"Blah. It's too muggy out. I don't want to do anything today," Ann said this morning. Music to my ears.

BABY STEPS!

SOMETIMES THE JOURNEY TO SELF-KNOWLEDGE BEGINS WITH A SINGLE EMBARRASSING CONFESSION. O STAFFERS LIGHT THE WAY.

"I used to care about music, but now I just don't. My iTunes library is just this dog's-breakfast mix that I keep saying I'll fix but never do. It's like Bettye LaVette, a Bing Crosby Christmas album, a little Neil Young, some Ultravox song I've never actually heard, Vivaldi, Helen Reddy's 'Delta Dawn,' and that U2 album Apple forced on us. Ninety-five percent of it I don't like, don't listen to, and don't know why I own."

—**AMY MACLIN**,
executive editor

"I'm a published novelist. I have two writing degrees. And there are tons of classic books and authors I just never touched—*Catch-22* and *The Catcher in the Rye*; most of Faulkner, Woolf, James, Lawrence, Wharton, and Eliot, for starters. If I ever claimed to have read this stuff, I was lying. I love literature. But I also really, really like drinking beers and watching six hours of *Deadwood*."

—**KATIE ARNOLD-RATLIFF**,
articles editor



MOMENT OF TRUTH

CALL ME WHAT YOU WILL

ADA CALHOUN (RATHER, "ADA CALHOUN") LEARNS THERE'S NOTHING LIKE A FALSE NAME TO HELP YOU BE YOUR REAL SELF.



M

MY LEGAL SURNAME, Schjeldahl, is complex and Norwegian. People see the *j* and abandon all hope of ever learning to pronounce or spell it. It's a name I use only for doctor appointments, plane tickets, and my driver's license. It's also the name of a prominent writer: my father.

Growing up, I wanted to be a writer myself, but I felt that job was taken. "You're not related to the art critic, are you?" people asked. If they gleaned that I had an interest in writing, they'd say, "Chip off the old block, eh?"

I hated that metaphor: He was a granite monolith, I a shard. He was leaving heavy footprints in the earth while I tiptoed behind.

At 22, I was hired by *The Austin Chronicle*. (As uncomfortable as I felt pursuing a writing career, I couldn't get a job anywhere else.) As I filled out the new-hire paperwork, I discovered a little box that read DBA, or doing business as. That space vibrated with potential. Sitting at this newspaper's

office, I was edging onto my father's turf. But when I saw that box, I thought, *Who do I want to do business as?* I wrote down Ada Calhoun.

Calhoun is my middle name. I was born on Saint Patrick's Day, so my parents named me after an Irish friend. ("How nice!" said Betsy Calhoun Baker. "But my name is Scottish.") With my new designation I felt reborn. Ada Calhoun had no past, only a future. She was her own person. She was confident. She dressed sexier. She said her name and people didn't ask her to spell it ten times. It wasn't just a pen name, though it did help me feel freer in writing articles for the *Chronicle* and, later, elsewhere. I used the name socially, too—most of my friends have no idea who Ada Schjeldahl is.

Ada Calhoun has existed now for 17 years, most of my adult life. I've been operating as two people for so long that I hardly notice, the way a bilingual person switches between languages without thinking.

I'm about to publish a book about the street where my parents live. I dedicated it to them. And yet, the title page bears my other name, the one I gave myself. The one without which I would never have written a word. The one that's all mine.



THE O QUIZ

How You Are You?

MIKE ROBBINS, AUTHOR OF *BE YOURSELF*,
EVERYBODY ELSE IS ALREADY TAKEN, CAN HELP YOU FIGURE OUT
HOW MUCH OF YOUR TRUE SELF IS COMING THROUGH.

LIVING AUTHENTICALLY isn't just about letting it all hang out. It means living true to our values, expressing ourselves, taking risks, and focusing on what matters. This quiz will help you assess how genuinely you're living, and offer advice to help you be even more yourself. For each statement below, circle the number beside the word that best describes your reaction. Be as honest as you can (we are talking about authenticity here), add up the numbers next to the choices you've circled, and turn the page to discover ways to bring more *you* into your life.



1 When I have a conflict with someone, I talk to him or her about it directly.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

2 When I need help or support, I reach out and ask for it.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

3 I know what matters most in my life, and I live consistently according to these priorities.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

4 When I don't understand something, I admit it and ask for clarification.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

5 When someone challenges me or disagrees with me, I back down.

- ⑤ Never
- ④ Rarely
- ③ Sometimes
- ② Often
- ① Always

6 I am influenced by the strong opinions of those around me.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

7 I usually feel safe speaking up and sharing my real feelings, even if they're negative.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

8 I worry about making mistakes and letting people down.

- ⑤ Never
- ④ Rarely
- ③ Sometimes
- ② Often
- ① Always

9 I am aware of my strengths and feel grateful for them.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

10 When I make a mistake, I have compassion for myself.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

11 When I don't want to do something, I say no.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

12 I go after what I want and am willing to take risks to get it.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

13 My decisions are influenced by what other people might think.

- ⑤ Never
- ④ Rarely
- ③ Sometimes
- ② Often
- ① Always

14 I'm willing to admit when I'm wrong and apologize accordingly.

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always

15 I embrace my feelings (even the ones I don't like).

- ① Never
- ② Rarely
- ③ Sometimes
- ④ Often
- ⑤ Always





15 TO 25: PLANT A SEED

Expressing yourself authentically is challenging for you—but have compassion for yourself, and know that speaking up can be scary for everyone. The fear and discomfort of authenticity will never go away completely; living authentically means living vulnerably, and vulnerability is uncomfortable. So accept that, and then start small. Write a letter to someone you've been scared to be honest with (you don't have to send it). Practice saying no to someone you feel safe with. If you're afraid to ask for something you want, reflect on what stops you from speaking up. Fear that you don't deserve it? Fear of being mocked? What evidence do you have to support those fears? If you can examine them objectively, you'll probably find that they're unlikely to come true.

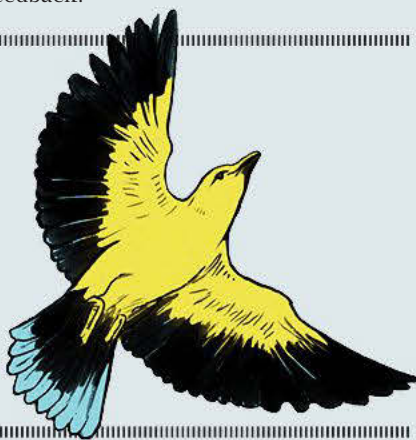


26 TO 45: GET SUPPORT

You know how important authenticity is, but you let your fears, doubts, and worries hold you back more often than you'd like. Seek support from a friend who can challenge you to step out of your comfort zone. Tell this person (or a few people) that you're charging her or him with pushing you to push yourself—that in X, Y, and Z situations you find it hard to be authentic, and in those scenarios you need an extra boost—and that you want her honest feedback.

46 TO 60: SPREAD YOUR WINGS

You've experienced the joy, liberation, and power of being true to yourself. Yet doing so can be hit or miss for you, depending on the circumstances. (Maybe there are still situations or people that don't make it easy.) Now is the time for you to double down and take more risks, even if—especially if—you feel scared. Think of all the bold things you've done! Start giving yourself more credit. In fact, you might even write down—as a reminder—times when you spoke up or put yourself out there.



61 TO 75: CHALLENGE YOURSELF AND LEAD OTHERS

Bravo! You live your life loud and proud. You're willing to do your own thing. Sometimes you still get hurt, are scared, or wish you'd said or done something differently. That's to be expected. Living authentically isn't about perfection. Keep challenging yourself, but also help lead others in doing the same. Your willingness to model authenticity for loved ones and offer them compassionate encouragement can make a huge difference and also help you keep up the good work. (See above under "Get Support"—maybe you can be that source of support for someone in your life.)



MOMENT OF TRUTH

THE DEAFENING SILENCE

IN THIRD GRADE, A BULLY STOLE **NANCY JOHNSON'S** VOICE. IT TOOK DECADES TO FIND IT AGAIN.



to the blackboard, a girl I'll call Connie led a chanting chorus: "E student! E student!" At our school, "E" stood for excellent. To them I was a goody-goody—trying too hard, doing too well. Heat flooded my face. I avoided Connie's gaze. She was like a bulldog, her body squat, her face pinched into a scowl. Soon she was mocking my Afro, my glasses, my height.

One day the bell rang at the end of class. Outside, dandelions dotted the lawn. I still remember how blue the sky was.

I took a shove to my back and fell; Connie's weight on me made me gasp. I tasted grass and dirt. I couldn't see. As I groped for my glasses, I heard a crowd laughing.

After that, when my teacher called for volunteers to go to the blackboard, I lowered my head. I dreaded speaking, afraid I'd attract Connie's attention. *You're not good enough*, I thought. Why else would Connie have chosen me as her target?

She was like an echo through my life. For years I watched my sassy, self-possessed friends with envy. I became fascinated by news reporters—I mimicked ABC anchor Carole Simpson's authoritative voice and adored CBS's Charles Kuralt with his folksy baritone. I wanted their confidence.

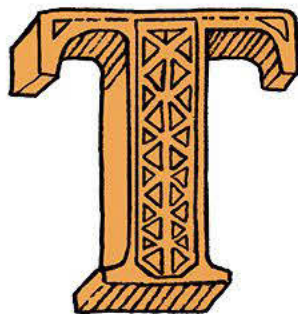
But well into adulthood, in meetings and at dinners with

friends, I kept mum—sitting frozen, unsure of when, if at all, to jump in. At a certain point, recovering my voice—the full, vibrant, throaty essence of it—became my priority.

It started as a game: Be the first one to speak in a meeting, or offer an unpopular viewpoint in chats with friends. Sometimes Connie won out, and I went mute. But more and more, I said what I had to say. Once, at an open mic in front of a finger-snapping crowd, I recited a spoken-word piece I'd written. Then I sang karaoke at a party. The more I used my voice, the better it felt and the easier it got.

About 20 years ago, I went to my hometown to visit a relative in the hospital, and the receptionist greeted me kindly. I'll never know if my expression betrayed my horror—probably not, because Connie kept right on smiling. All those years later, she didn't remember me.

I'd often wondered what I'd do if I ever saw her again: curse at her, tell her she screwed up my life? I did none of those things. I didn't even tell Connie who I was. Instead, I smiled back. I had plenty to be happy about. Soon I'd drive home to Wisconsin and take my place at the anchor's desk or in the field, just like I did every night, to report on the news, my face and voice broadcast into thousands of homes every day.



THINGS HAD STARTED OFF

so well. I arrived in third grade with my pencils sharpened, my notebook waiting to be filled. I loved school: the dusty chalk, those tidy Scantron test bubbles, the chance to show what I knew.

Maybe that's why, as I went to my seat after yet another trip

MOMENT OF TRUTH

TRUE CONFESSIONS

WHO KNEW THAT THE AGONY OF SELF-REVELATION COULD LEAD TO SO MUCH ECSTASY? HOLLY STEPHENS TELLS ALL.



HIS BREATHING GREW

heavier, his muscles tense. A sheen of sweat clung to his chest. My boyfriend kissed my neck, whispering that he wanted me to climax along with him. I would've liked to. But for me, the finish line was nowhere in sight. Somewhere along the way, I lost focus, staring at the American flag hanging above his headboard, pondering my dinner options. I didn't want to disappoint him, but he was asking for something I couldn't give.

So I did what I always did—mirrored his grimace, his sudden jerks and ardent moans, widening my eyes in a paroxysm of pleasure. Afterward, he rolled onto his back and told me how much he loved it when we got there together. My heart was

heavy. At age 22, when all my friends seemed to be having the best sex of their lives, I'd become a full-blown faker.

It was the only way I knew to keep things copacetic. No ego-bruising questions and awkward confessions ("Aren't you attracted to me?" "It isn't you—it's me!"). No fruitless redoubling of effort next time to get it right. The whole thing left me feeling both guilty and relieved that I'd fooled him again. How absurd—lying to preserve the illusion of an open, honest relationship.

Then one day three years later, I was reading a magazine and quite by chance ran across a statistic: Only about 30 percent of women reliably achieve orgasm through intercourse alone. (I know what you're thinking: *How could she not have known?* Well, I didn't. What can I say? I missed the memo.) The news was startling. Wait—so it wasn't just me and my own weird failings? All I needed were a couple of other kinds of stimulation to achieve orgasm? My world was officially rocked. Yet it would take many more disappointing, desolate encounters before I would summon the courage to say something about it.

One night, as I sipped bourbon with a guy I'd been dating for six months, we meandered into sexual terrain, and I shared my 30 percent finding. Had he ever heard that? I asked. Did it surprise him? Not at all, he said. My heart raced.

"I've never actually had an orgasm from intercourse," I blurted.

He could have been offended by the obvious implication—that for months I'd been faking it, basically lying with my body. But his tenderness disarmed me. He understood, he said—and was happy to please me any way I liked.

The experience was liberating. It's so clear to me now, how you shortchange yourself when you're anything but honest about who you are. And people's reaction to the truth is never as negative and dramatic as we fear. What a pleasure it is now, slipping into bed neither fractured nor false—just me, up for anything, naked and unafraid.



This Is Where I Leave You

IF YOUR CLOSED-UP, MASKED, FALSE SELF JUST KEEPS HANGING AROUND, TAKE OUR ADVICE: WRITE HER A BREAKUP LETTER.

Dear Fake Me,

Listen, it wasn't all bad. We had a good run. I know you were trying to protect me when you kept me from admitting _____, and that time you got me out of saying _____ to _____, which would've been really uncomfortable. (Remember? We just quietly seethed instead. Good times!)

Plus, there were all those relaxing nights at home, when we could've been _____ or _____ or _____, or any number of other far more fun things that weren't possible because you made sure I was too afraid.

That's really what held us together all this time, you know? Fear. Of being seen.

Of being disliked. Of _____. Of _____.

But now—and I hope you won't take this personally—we've grown apart. Remember that time you said I couldn't _____, even though I wanted to so much? I always thought you were looking out for me. But really, you were controlling me.

I was too scared to tell the difference.

And so here we are.

We're through. I'm ready to start speaking up. I'm ready to be the version of me that _____ and never _____. I'm ready to stop _____ and start _____. I don't want to keep bottling up my feelings when I'm with _____, and when I _____, and every time someone _____. But most of all, I plan never again to fake it—to pretend

I'm _____ when really I'm _____, or that I'm okay with _____ when I just want to _____.

You served a purpose in my life, but we want different things. It's not you—it's that you're not me. So take care of yourself. You won't hear from me again.

Signed, The Real Me



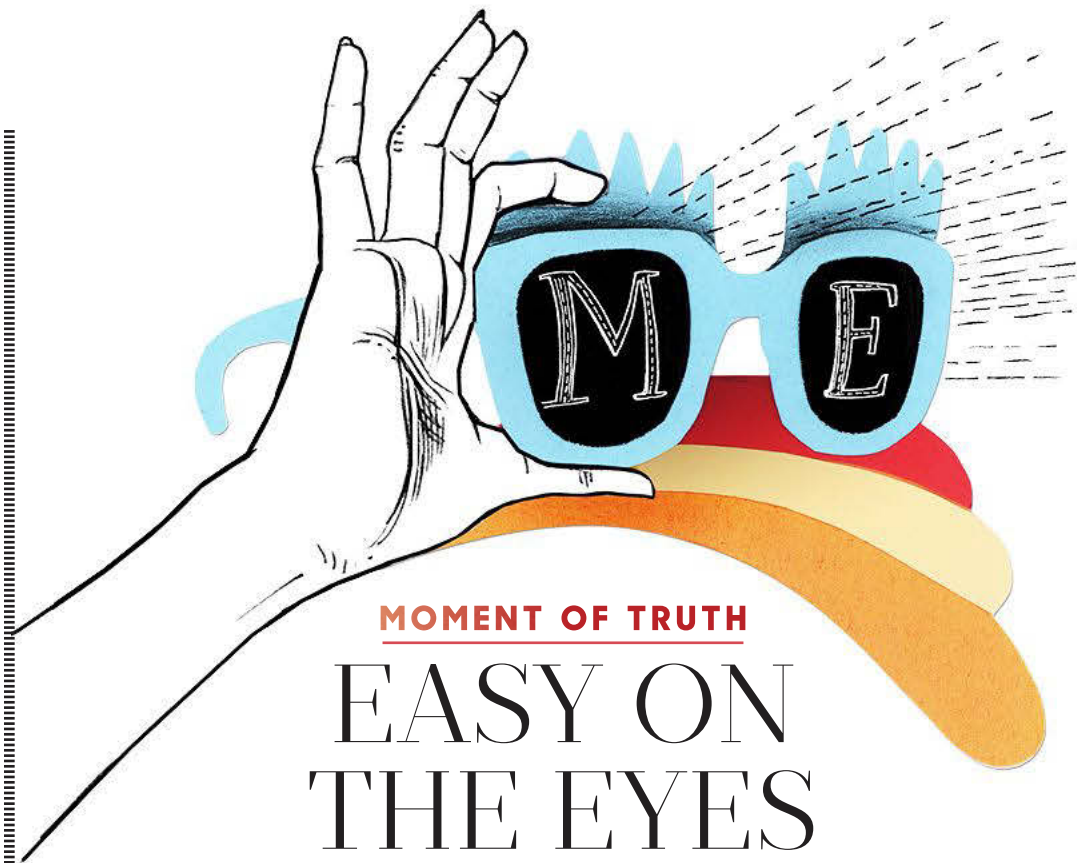
"I'm frugal—some would say cheap—about certain things, often to the point of weirdness. I pluck chicken bones from everyone's dinner plates and save them in a bag in the freezer to make stock. Things other people consider trash, I prize."

—MICHELLE SHIH,
director of digital editions
and lifestyle

"There are many ways in which I am woefully out of touch with pop culture. I've never seen *Star Wars*, nor have I seen any sequels or prequels. As far as I'm concerned, Chewbacca is just another Muppet."

—LISA KOGAN,
writer at large

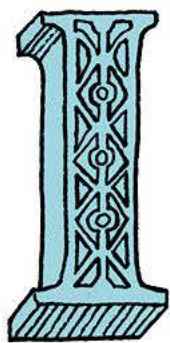




MOMENT OF TRUTH

EASY ON THE EYES

ONCE UPON A TIME **ALEXANDRA ROBBINS** WAS THIN-SKINNED ABOUT HER THICK GLASSES. NOW, SHE'S A VISION OF SELF-ACCEPTANCE.



I HAVE THE THICKEST glasses that you—and most optometrists—have ever seen. Put it this way: People requiring a -6 diopter prescription see roughly 20/500 and are said to have “profound visual impairment.” My glasses are -20 diopters. I’m off the charts. (At least I’m told I am; I can’t read them.) Yet most of my life, I struggled mightily to keep my glasses a secret.

The geek-chic props that hordes of hipsters wear? Please. Those aren’t glasses. Real glasses, glasses like mine, are

not an accessory. They’re so intense they actually distort me. In my glasses, each eye appears to be roughly the size of a nostril. What allows me to see things larger causes people to see me smaller. For years, the glasses did something similar to my psyche: I always felt they made me shrink.

In college, I once wore contacts for 24 hours when I spent the night with a guy, risking an eye infection (which I got) so he wouldn’t see me in glasses (which he also wore). Three years before, when I sneaked out of my summer camp bunk to meet my boyfriend at 3 A.M., I wore neither glasses nor contacts. I just walked like a zombie, arms out in front of me, smacking into tree after tree.

A few years ago, I wrote a book about adolescent outsiders and met several teens who

embraced the qualities that made them unique. As one young man told me, what made him different was also what “makes me me.” I’d always admired other people’s quirks. These kids inspired me to appreciate my own. So I decided to view my glasses through a new lens: They help make me me. Nobody else I know looks so different bespectacled that they can go undercover without effort. My glasses may cause me to be more of a homebody because they’re unwieldy, tend to fog up, and can make swimming awkward, but homebodies can be prolific book writers. (I’ve written seven.)

Those students motivated me not only to wear my glasses, but to switch from mousy brown frames to an electric blue pair. My glasses *don’t* shrink me; on the contrary, they’ve allowed me to see myself in a new way.



MOMENT OF TRUTH

DON'T QUIT YOUR NIGHT JOB

A SENSIBLE OFFICE WORKER. A DARING SWORD-SWALLOWER.
SPOILER ALERT: THEY BOTH WERE **ILISE CARTER**.



THOUGH I OWNED tights and weapons, I wasn't a superhero. By day, I was Ilise Carter, mild-mannered copywriter; by night, the Lady Aye, fire-eater and sword-swallower. After a lifetime of being obsessed with sideshows, I started performing in my 30s, appearing in variety shows wearing corsets and tutus and cheap gowns like a low-rent Marlene Dietrich. My stage persona gave me confidence. If I got a laugh or pulled off a stunt, I cared less about the size of my hips—or paycheck. But my night job didn't pay my New York City rent, so off to work I went, writing ads for ugly shoes and wrinkle creams. After work I'd go home, dress and paint myself, then head out to entertain amid the cocktails and spotlights and seedy glamour. I'd get home late, sleep a little, then go to the

office, with its grim fluorescent lights and coffee that tasted like gym socks.

Not wanting to be teased by my coworkers, I kept my moonlighting gig to myself. (It gave me cold sweats to think of the button-down bros in sales finding out that I spent my nights in dive bars with tattooed, half-naked people.) It wasn't hard to keep my public appearances private since my colleagues and I never talked much anyhow. In three years, no one asked me why I always came to work covered in glitter, or why I sometimes toted a giant bag full of swords.

I started to see why some superheroes seem so isolated. You do something amazing and want people to know, but you can't bring yourself to shout, "Hey, I'm actually kind of the Human Torch!" But I wanted to be "Sweetheart of the Sideshow," not the office weirdo. So I decided to go freelance and work from my private lair. I quit, and on my way out, I emailed a goodbye and the secret coordinates to Lady Aye's website. I got one email from a girl who thought it was cool, and never heard from or saw any of them again. Still, I was happy to reveal my other life—and even happier to live it.



“Though I realize this makes me a dinosaur, I am hopelessly devoted to my BlackBerry—pixelated pics and all. To be honest, new technology kind of terrifies me.”

—ZOE DONALDSON,
assistant editor

“I can be obsessive. I have to wash my feet before I go to bed. I’m so weird about it that my boyfriend recently installed a shower head with a detachable sprayer as a birthday present.”

—ELYSE MOODY,
senior associate editor

Great Moments in Authenticity

THIRTY-FIVE CENTURIES OF FORGOING THE FACADE.

14th century B.C.

Nefertiti, great royal wife of Pharaoh Akhenaten, happily worships sun-god, becomes living fertility goddess. Problem?

Late 14th century

Chatty pilgrims of Geoffrey Chaucer’s Middle English masterpiece *The Canterbury Tales* let it all hang out on road to titular town; unabashed farting, fighting, fornicating par for course.



1830–86

Despite judgy whispers of townsfolk, Emily Dickinson lives unapologetically solitary life holed up in parents’ Massachusetts home, writes some of America’s finest verse. “I’m nobody”? Ha!

1933

Walking sex bomb Mae West makes no bones about hearty appetite for men, invites several to come up to see her sometime. They come.

1972

Marlo Thomas and friends see land bright and clear, sense time coming near; suggest you, me free to be. (Also: William, doll, we think this is the beginning of a beautiful friendship.)

1974–78

Disinterested in prim, perfect first lady rep, Betty Ford champions Equal Rights Amendment; speaks openly of mastectomy, addiction. Frank talk helps millions.

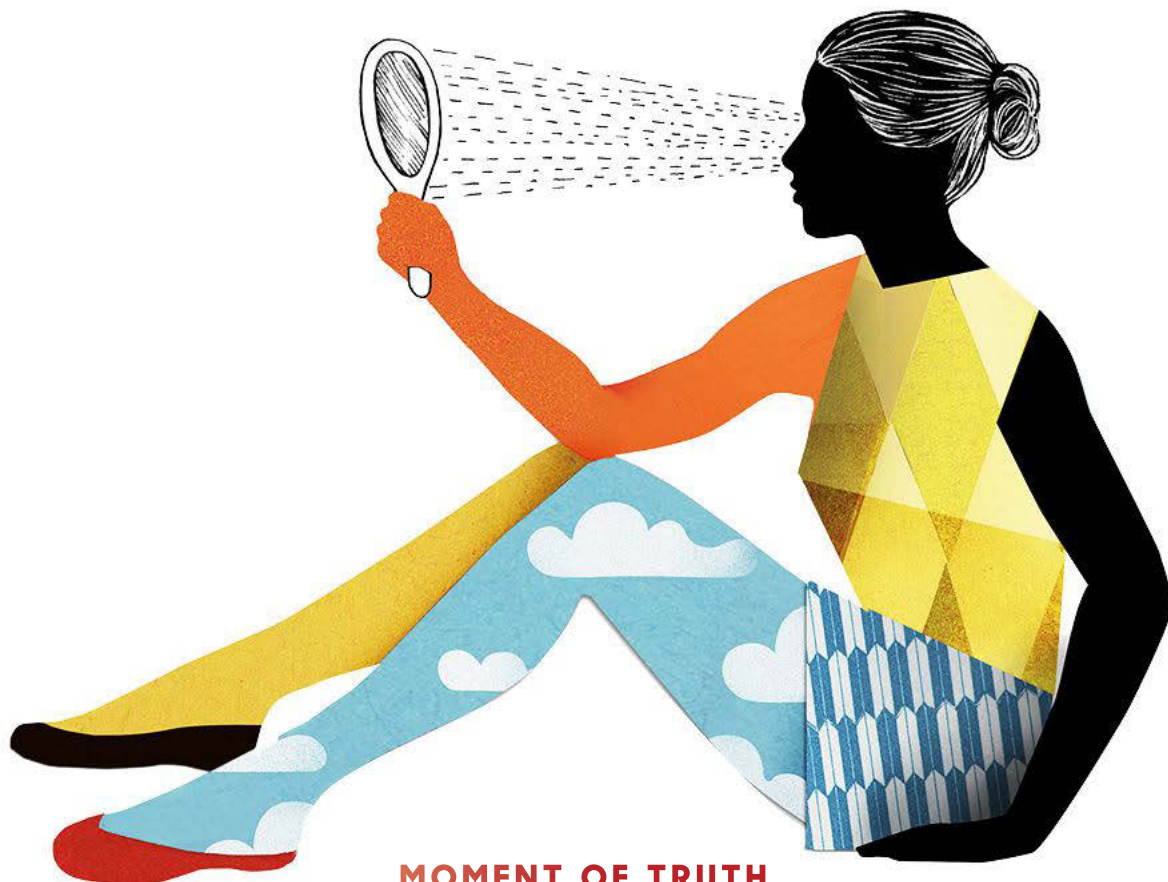
2015

During performance of *Shows for Days*, Broadway legend Patti LuPone snatches cell phone from clueless attendee texting during play. Brava!

2015

After six-plus decades of living as male, Caitlyn Jenner discards ill-fitting identity, wins admiration of masses, stars in reality series—and finds nothing beats incomparable joy of becoming true self.

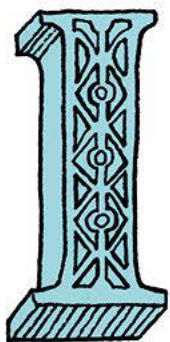




MOMENT OF TRUTH

TO THINE OWN SELVES BE TRUE

THE "REAL YOU" IS REALLY DOZENS OF YOUS, WRITES KATIE ARNOLD-RATLIFF.



IMAGINE A WOMAN. Clammily searching for words, any words, to say to the friendly wedding guest seated beside her. Then, the next day, snarking out loud with friends at a cheap diner, ribbing the


waiter, wiggling a finger at the baby in the next booth. Imagine her enraptured by an Auden poem she reads twice, three times, rips out to carry around. That night she joyfully watches four episodes of a sitcom so bad, she fears it's reducing her IQ. Imagine her haughty in a business meeting, saying icily, "This doesn't work; it just isn't working at all," and later, as she idles in gridlock, imagine her neck slick with tears, because what if this love thing never finds her, what if she wasn't built for it?

Imagine her in frayed shorts, a

bespoke gown. Imagine her tough and terrified, hardened and guileless. A ruminator who somehow doesn't think things through, the wallflower who's occasionally the life of the party. To her friends: the eternal rock, the shoulder. To her sister: a fragile thing best coddled. To her parents, her boss: a good girl. To her ex: a bad memory. Who she's with, where she is, how she feels—all of this determines the self who wins the day, the self who makes sense for this Now, and this one, and this.

So how is she—how are we—to be a "real" self? (It sounds

almost Seussian: If I'm being myself, which self am I being?) By recognizing that the realest real self, the only self that *can* be real, is one made up of lots of parts. Were we to live as static beings, constant and unwavering, we wouldn't be living at all. This woman—imagine her feeling heartbreak and stunned delight, exhilaration and gutting regret. Imagine her being, like all of us, a swirl of contradictions that do not contradict. Imagining her containing, as we all do, multitudes.



No Ordinary LOVE

Some of our most human relationships are the ones we have with animals: We may be their caretakers, but they take care of us too, **inspiring us to be our better selves.** Come along and meet a few remarkable creatures and the people whose lives they've changed forever.



Flap Happy

These tiny **parrotlets** are proof: Hope really is the thing with feathers.

A FEW YEARS ago, when I was living in Honolulu, my neighbors had to move, and I agreed to take in their cockatiel, Charlie. I'd never had a bird before, but he was really sweet—he'd wolf whistle at me when I walked by. Then I read about parrotlets, these little birds from Mexico, Central America, and South America. I couldn't believe how cute they were, yet I read that people often abandon them when they realize how much work and expense they require. These small creatures may be delicate one-ounce bundles, but they need a tremendous amount of attention and care.

I decided I wanted to take in parrotlets that needed homes, so after I moved to California, I got in touch with the rescue organization Mickaboo. Now I have four—Bertie, Kai, Daisy, and Bella—and I'm fostering one more, Ace.

Parrotlets don't realize how small they are. They have big personalities—funny, inquisitive, territorial. They can also be nervous and excitable, like Jack Russell terriers. My day job can be emotionally and intellectually intense—I'm responsible for a department that runs clinical trials to help save the hearts and brains of people who've suffered medical

emergencies or trauma. But when I look at my parrotlets, I instantly feel better.

They love to burrow in pockets or snuggle inside shirt collars. Bertie will try to stick his head under my hair to get cozy when he's sleepy. When they're relaxed, they grind their beaks, and it makes a distinctive raspy noise. It's a sign of pure contentment. They'll cuddle up and chirp, flick their wings, and shake their bottoms when they're happy. Bertie also loves to come in the shower with me for a "sauna." I put him down on the glass shelf inside, and he immediately walks to his corner and closes his eyes, waiting for the hot water. Then he gets in meditation mode. Sometimes he falls asleep. When I see his teeny puffs of breath against the glass, it brings me such joy.

Parrotlets are like inhaling sunshine. After all, life can be hard. There are all sorts of hurts out there: big, small, serious, not so serious. But I can have a relationship with this beautiful little being, and that helps me let everything else go.

—Renée Kochevar, PhD, San Jose

PHOTOGRAPH BY *Cody Pickens*



Meet Cute

One happy couple owes it all to **Bennie** the cat.

ABOUT FIVE YEARS AGO I started volunteering with an animal group in New York called Anjellicle Cats Rescue. Two years in, we rescued a litter of strays. One of them was Bennie—he was super shy, slow to warm to strangers. I worried he might not get adopted because a lot of people only want a cat they can pick up and hug. But at our adoption event, I noticed a guy spending time with Bennie, petting him and really interacting with him. I was so happy when he decided to take Bennie home.

The guy's name was Shaun; he mentioned he had a blog about his life in New York, and that he'd post about Bennie. I started checking out the site. He'd write posts called "Moment of Ben" and put up these amazing pictures of Bennie with quizzical expressions on his face—he captured his personality so well. Bennie followed him everywhere; he would even lie on the top of the fridge while Shaun cooked.

From the way he wrote about Bennie, I could tell Shaun felt a deep bond with this cat. And that made him really attractive to me. So I started commenting on his pictures and posts, and soon we were emailing about random stuff: family, food, travel, careers. We set up a date, and everything just clicked. A year later, he moved in with me, and in September we got married. Bennie is no longer with us, and we really miss him, but we now have three rowdy rescues. After my years of volunteering, I know there's a person out there for every cat, and a cat for every person. It's the same with people—you just need to find that right match. —Astrid Hanenkamp, New York City

Rescue Me

Macy is a quick-thinking Boston terrier who could give a certain heroic collie a run for her money.

WE PICKED UP MACY when her previous family returned her to the shelter because they wanted a bigger dog, which we couldn't understand—she's so funny and clever. If she leaves a toy in the yard, I'll say, "Macy, don't leave your toy outside." She'll grab it and bring it in.

When my mom got pneumonia, I went to Virginia to help care for her and brought Macy. Mom wasn't an animal person, but Macy followed her everywhere. One night, my mom fell asleep around midnight, and I went to the other bedroom. Around 2 A.M., I woke up to Macy hitting my arm with her paw insistently. I thought she wanted to go outside, but she ran into the hall and stopped in my mom's doorway, refusing to move. I walked in and saw Mom was in distress—it looked like she was having a seizure. Macy jumped on the bed and laid her body completely across my mother. My dad called EMS, who told him to get any pets out of the way, so I put Macy in the family room and set up the baby gate. When EMS came, she tore down the gate to run back to my mom.

At the hospital, I learned that Mom's kidneys had failed, and she'd been slipping into a coma. If Macy hadn't woken her up, the doctors don't know what would have happened. But her recovery has gone well, and I think it's because she feels so protected—and she has Macy's unconditional love.



—Susie Thompson, Simpsonville, South Carolina

Pet Project

If you can't adopt, **consider fostering**, says Tracey Stewart, author of *Do Unto Animals: A Friendly Guide to How Animals Live, and How We Can Make Their Lives Better*. Some shelter animals may need to transition before they're ready to meet potential adopters. Others may need bottle-feeding, medical care, or help getting used to the outside world. **You're not limited to dogs and cats**—if you've had experience, you can take home a rabbit, a lizard, or a guinea pig. Check out petfinder.com for info on shelters near you.

Warm & Fuzzy

When her owner was struggling through chemotherapy, **Portia** had the situation covered.



IN AUGUST 2014, I was diagnosed with breast cancer. The doctor told me I needed 16 to 20 weeks of chemotherapy, which I started that October. By the second infusion, I'd lost all my hair. It was cold, and I was bald, and I felt so crappy.

Since Portia was a kitten, she'd always slept at the foot of the bed at night, though she'd never been particularly snuggly. If I tried to pick her up, she squirmed away. But after I lost my hair, I'd wake up in the morning

and find her lying on my pillow, curled up just above my head. When chemo was over and my hair grew in, Portia moved back down again.

I can't imagine trying to get through an experience like that without my cat. Pets know when you're hurting, and they want to love you as much as you love them. I was feeling so awful, and I think Portia noticed that I'd lost my "fur." She was just trying to send more body heat my way.

—Abby Volin, Washington, D.C.

Home Free

Tripod is spending her golden years on the farm she helped create.

I'D ALWAYS BEEN interested in agriculture, so five years ago I interned on a goat farm in North Carolina—milking goats, making cheese, shoveling poop. I'd never met a dairy goat before, and once I did, I just fell in love. They're intelligent, loyal, loving, emotionally high-strung, and stubborn, of course—like a concentrated version of my own

personality. The terrible part was the goats were regularly sold for meat, and when the buyer loaded them on the truck to be slaughtered, I'd watch with burning hot tears running down my face.

Then one day when my partner, Brent, and I had just come back from vacation, a neighbor told us he'd seen a goat with its leg stuck in the fence, crying. She'd been there for three days. We went to help her, and she cried even louder and tried to scramble away. She was so scared. We finally got her out, and for two days we massaged her leg and soaked it in Epsom salts. But my boss told us to put her back in the herd headed for slaughter because it was a waste of time and money to do anything more.

I knew this goat might die from her injuries, but I couldn't give up, so I bought her for \$50. We took her in, fed her, and doted on her. Her leg had to be amputated, but she recovered and we named her Tripod. Eventually, we bought ten acres of land in Colorado and took her there, along with 15 other goats we'd saved from slaughter.

Tripod was the inspiration for our no-kill dairy, Broken Shovels Farm. Now when we call her name, she runs over for animal crackers and love as fast as her three little legs will carry her. We say that if she hadn't lost a limb, she would've lost her life. I'm so grateful she survived. Without her, we wouldn't be here.

—Andrea Davis, Commerce City, Colorado



Leap of Faith

Phoebe's protective instinct kicked in when her owner needed it most.



MY CHESTNUT MARE, Phoebe, and I have been together for 14 years, and we're always in a dialogue, whether we're taking a walk through the woods or riding in a show. Her soul has an energy that matches, and gives back to, mine. We can communicate through touch—if I scratch her itchy spot, she almost buckles with delight—or when I just shift my breath. When I'm in the saddle, I can almost always predict what movement she's about to make.

Five years ago, we were in a competition where nothing was going right: The weather was lousy, I'd forgotten my show jacket, and Phoebe had to rush through her warm-up.

We'd been in about 40 shows by then, and she'd always managed to jump all the fences. This time, though, when she got to the wall jump, a nearly three-foot-tall box with a rail on top, she galloped up to it but flinched at the last second. I'd been leaning forward to prepare for her leap—and when she hesitated, I flew over the wall and landed on my back. That's when I saw what was coming: Phoebe's momentum was bringing her over the wall, too—and the only place to land was on me.

Her front foot struck my chest, and I felt the pressure of her hoof over my heart. I thought, *This is how I'm going to die*. I just closed my eyes and waited for the end. But the next thing I knew, she'd deflected all her weight in midair and rolled away, tumbling

backward into the jump. Later, one of the judges told me she'd never seen anything like it. Phoebe defied gravity that day and saved my life.

The paramedics rushed over, but there wasn't a scratch on me—just a red hoofprint on my chest like a good-luck charm. I stood and went straight to Phoebe. She was shaking but somehow completely unharmed, except for a cut on her leg. I let her know I was all right—she'd done her job.

When you're riding, you're completely in sync with your horse. I never lost that oneness with Phoebe. If I'd died that day, I think part of her would have died, too. Instead, we have more years together, with plenty of time left to play.

—Kimberly Stargatt, Wilmington, Delaware

New Leash on Life

After he was finally rescued, **Peety** found his true calling—as a trainer.



WHEN I MET PEETY six years ago at the Humane Society Silicon Valley, he'd been in the shelter longer than any other dog. In fact, it was the second time he'd been abandoned. He was 7 years old and about 25 pounds overweight—the one nobody wanted. Except me. I'd asked for a middle-aged, obese dog because I thought we should have something in common.

I was 51 years old with a 52-inch waist, and I weighed roughly 320 pounds. My social life was practically nonexistent—I hadn't been on a date in more than 15 years—and my medical expenses were creeping up to about \$800 a month for cholesterol, blood pressure, and diabetes medications. I knew I'd die if I didn't do something. So I hired a nutritionist, who, to my surprise, told me to adopt a dog because that meant I'd have to go outside and exercise.

Initially, Peety was suspicious—in the shelter he gave me a sidelong look that said “really?” But I took him home, and we decided to keep each other. We went for walks twice a day, and in less than a year I had lost 140 pounds and my health problems were gone. Peety dropped all his extra bulk, too. Eventually we started running. Then I began training for marathons.

And the transformation wasn't purely physical. For the first time in my life, I had someone to take care of other than myself. To Peety, I was the greatest human being in the world, and I wanted to be the kind of person he thought I was. My mantra became *What would Peety want me to do?* My world—and my heart—opened up. I started volunteering at a shelter and gained more confidence in my job. I'm a sales rep, which wasn't such a great fit for a guy who was too obese to travel, but last year I took a great new position. And after being invisible for so long, I met a woman, whom I married in May.

This past March, doctors discovered a large tumor on Peety's spleen. There was nothing to be done, so we brought him home. I slept next to him at night because he was too afraid to be alone; he'd whimper when we turned out the lights. A few days later, I knew the end was near. I got down on the floor, and he quietly died by my side.

The bond that Peety and I shared was stronger than any I'd had with another being. And while I'm happy I found the dog that needed me most, I wish we could have had more than six years together. But they made all the difference: Today, my life is one I could've only dreamed of having. As it turns out, I wasn't taking care of Peety; he was taking care of me. —Eric O'Grey, Seattle

Pet Project

Many shelters need help beyond animal care: Offer **graphic design skills, marketing savvy, legal advice, event planning, or cooking**, suggests Tracey Stewart.

Want to be an animal advocate? **The Animal Legal Defense Fund** fights for animal rights through legislation. To stay current on issues and how to help, sign up for its Action Alerts at aldf.org.



Wing Man
Socrates the cockatoo is one fly dude.

SOCRATES IS A 15-year-old umbrella cockatoo. Some birds want to tear things up, but he's more of a puzzle parrot. Those linkable alphabet letters for little kids? Soc can sit with those for hours, putting them together and taking them apart. He's smart and likes to pensively scratch the white feathers under his chin—hence his name. My wife and I brought him home 14 years ago, and we've been together ever since. He was even in our wedding as the ring bearer, bow tie included.

Socrates sees my wife and daughter as playmates—he tilts his head back until they can't see his eyes, then throws it forward and yells, “Peekaboo!” But I'm his partner in crime. I even got a tattoo of his feet on my left shoulder because he's made it clear that's his turf. We take walks in the park—I have a little leash that fits around his body. We dine outside at our favorite Italian restaurant, and the chef always brings Soc

a little bite of zucchini. When I take a nap, he snuggles on my feet, and we cozy up to watch TV together at night. When it's time to put him back into his cage for bed, he always squawks, “I love you!”—which might just be a way to guilt me into letting him stay up. And when he senses we're stressed, he'll call out, “Come give a kiss?”

Parrots are flock animals that are able to form deep connections with people. To us, Socrates is just another member of the family. My wife and I even drafted a section in our will to designate who's going to take care of him (our daughter is first in line, with close friends as backup). He might actually survive us—parrots can live for up to 70 years. But my sincere hope is that we'll turn into senior citizens together. By the time Socrates is old enough to get cranky, I'll be deaf enough not to hear him.

—Matt Linton, San Francisco Bay Area

Pet Project

A pet trust allows you to set aside funds for the care of your animals if you become unable to care for them yourself, says Jennifer Scarlett, DVM and San Francisco SPCA copresident. You'll need to **name a trustee** (to handle the finances) **and a caregiver** (who'll provide TLC). Laws vary from state to state, so consult with an estate planning attorney.



Your sister/friend/coworker/neighbor is hosting Thanksgiving, and your contribution needs to be more than just an appetite. **Bring something new to the table** with inspiration from nine of our favorite chefs and cookbook authors. These showstopping potluck dishes travel well, can be made ahead of time, and, most important, taste so delicious, you won't be packing up leftovers.

A Moveable Feast

Photographs by Lennart Weibull



→
Berry Fresh

Cranberry sauce is a Thanksgiving essential, and this homemade version by Miss Robbie Montgomery, star of OWN's *Welcome to Sweetie Pie's* and author of the new *Sweetie Pie's Cookbook*, is the stuff of tradition. "My friend Mrs. Strauss told me how to make it, and it's so good," Miss Robbie says. "For almost 20 years I've been giving my Thanksgiving guests jars of it to take home."

Pineapple-Cranberry Sauce

TURN TO
PAGE 144
FOR RECIPES



→
Hot Potatoes

For a more sophisticated take on mashed potatoes, try a gratin of sweet and russet potato slices layered in Gruyère, cream, and pumpkin puree; it's a favorite of Adam and Jackie Sappington, chefs and owners of the Country Cat in Portland, Oregon, and authors of the new cookbook *Heartlandia*. "I always make it a day ahead so I have more time with everyone on Thanksgiving," says Adam. "Plus, when you give the dried herbs time to bloom overnight, the flavors get even better."

Sweet Potato and Pumpkin Gratin





Carrot Soup
with Celery
Root Cream and
Prosciutto
Chips

↑
Give It a Swirl

"A soup is a nice first course to get festivities under way, and it doesn't have to be super filling," says chef and *O* columnist Curtis Stone, whose velvety carrot soup garnished with rich celery root cream and crispy prosciutto showcases fall's earthy vegetables. "We often overlook the appetizer and go straight to the turkey and the gravy and the stuffing. A soup is the perfect add-on people don't often think to make, and this one works hot or cold."

Slow-Roasted
Turkey Wings



← Wings of Victory

"What I enjoy most about turkey is the super-crispy skin," says Brandon Kida, executive chef at L.A.'s Hinoki & the Bird, who created these succulent turkey wings. "This way, everyone gets a helping. Plus, it's Thanksgiving and football is on, right?" Coat them with spicy cranberry-habanero sauce or drizzle with sweet maple-sage sauce, and dip in cooling walnut crème fraîche.



↓ Green Light

Next to all the decadent sides, everyone will appreciate something refreshing, like this sweet-tart salad from Andrew Weil, MD, author of the new cookbook *Fast Food, Good Food*. "The different colors and textures make it a real eye-catcher," he says. The dressing, which pairs orange juice and zest with a dash of cinnamon, softens the raw Tuscan kale without wilting it—so you can toss it ahead of time.

Kale Salad with
Oranges,
Cranberries, and
Maple-Toasted
Walnuts





Pineapple Casserole

➤ Pineapple Express

This pimento cheese and pineapple casserole from chef Sarah Simmons's New York City restaurant Birds & Bubbles is a fancier version of her Aunt Edna's famous dish. "It's got all the things you want—a little salt, a little sweet, a little texture, creaminess," Simmons says. "It's fantastic hot, but I actually prefer it at room temperature. Which is great, because then you don't have to fight for oven space."



Roasted Squash with Mole Sauce



➤ Spice of Life

Squash doesn't need to be creamy or sweetened to have crowd appeal. Anita Lo, executive chef and owner of the New York City restaurant Annisa, drizzles chunks of kabocha with a sauce inspired by a traditional Mexican mole—a mix of extra-dark chocolate, shallots, and garlic, plus warming spices like cumin, cinnamon, and star anise. Kabocha makes for easy cooking and eating since its peel is edible, Lo says, and the unexpected topping gives it an addictive twist: "A little bitterness balances the squash's sweet flavor."



Northern Exposure

Instead of bringing yet another pie, pack a cooler with Amanda Cohen's modern spin on Nanaimo bars, a layered dessert popular in her native Canada. When the chef and owner of the New York City restaurant Dirt Candy first moved to the States, she made this her signature contribution to Thanksgiving gatherings. "Everybody likes the person who brings ice cream," says Cohen.



Mint Chocolate
Chip Ice Cream
Nanaimo Bars

Pineapple-Cranberry Sauce

- 2 (12-ounce) bags cranberries, fresh or frozen
- 4 cups sugar
- 3 Tbsp. lemon juice (from 1 lemon)
- 2 cups orange or apricot marmalade
- 1½ cups pineapple preserves
- ¼ cup raisins (optional)

1. In a large pot, combine cranberries, sugar, lemon juice, and ½ cup water, and stir well. Bring to a boil over medium-high heat, stirring once or twice. Reduce heat to medium-low and simmer, stirring occasionally, until berries have popped and are beginning to break down, about 25 minutes. Stir in marmalade, preserves, and raisins (if using). Return to a simmer and continue to cook on medium-low, stirring occasionally, for 30 minutes more. (Sauce will still appear quite liquid, but will thicken as it cools.) Remove from heat; set aside to let cool completely.

2. Spoon into a covered bowl or resealable glass jars and refrigerate until ready to serve.

MAKE AHEAD: Recipe can be made up to 2 weeks in advance.

Makes 8 cups or 8 (8-ounce) jars.

Active time: 20 minutes.

Total time: 1 hour 15 minutes, plus cooling time.

Sweet Potato and Pumpkin Gratin

- 1 Tbsp. extra-virgin olive oil, plus more for greasing pan
- 2 garlic cloves, finely chopped
- 1 medium sweet onion, chopped
- 2 cups heavy cream
- ½ cup unsweetened pumpkin puree
- 2 Tbsp. whole grain mustard
- 1 Tbsp. herbes de Provence, without lavender
- 1 Tbsp. kosher salt, divided
- ½ tsp. ground black pepper
- 4 slices thick-cut bacon, sliced into ¼" pieces
- 2½ pounds russet potatoes (3 or 4 medium potatoes), peeled and cut into ½"-thick slices, preferably with a mandoline
- 2½ pounds sweet potatoes or yams (3 or 4 medium potatoes or yams), peeled and cut into ½"-thick slices, preferably with a mandoline
- ½ cup all-purpose flour
- 1½ cups grated Gruyère (6 ounces), divided
- ½ cup chopped hazelnuts

1. Preheat oven to 350°. Lightly oil a 9" x 13" casserole dish and set aside. In a medium pot, heat oil, add garlic and onion, and cook, stirring often, until just tender, about 5 minutes. Whisk in cream, pumpkin, mustard, herbes de Provence, 1½ tsp. salt, and pepper, and cook 5 minutes more. Meanwhile, in a large skillet, cook bacon over medium heat, stirring occasionally, until just crisp, 8 to 10 minutes. Using a slotted spoon, transfer bacon to a paper towel-lined plate, then pour the remaining fat in the skillet into the cream mixture, whisking to combine. Set aside.

2. In a large bowl, use your hands to toss together potatoes, flour, and remaining 1½ tsp. salt until coated. Fold in reserved cream mixture and 1 cup Gruyère. Transfer to prepared dish, arranging potatoes in flat layers and pressing down gently to fit.

3. Lightly oil a large piece of foil and use it to snugly cover dish. Arrange dish on a foil-lined rimmed baking sheet to catch any drips and bake until just tender when pierced in the center with a paring knife, about 1 hour 15 minutes. Uncover; sprinkle with hazelnuts, reserved bacon, and remaining ½ cup Gruyère; and bake until cheese is golden and bubbly and liquid has thickened, about 30 minutes. Let rest at least 15 minutes before serving.

MAKE AHEAD: Recipe can be made up to 4 days in advance. To reheat: Preheat oven to 325°. Place casserole dish in a larger pan and add boiling water to fill halfway up the outside of the dish. Cover gratin with aluminum foil and bake for 30 to 45 minutes.

Makes 12 servings.

Active time: 1 hour.

Total time: 2½ to 3 hours.

Carrot Soup with Celery Root Cream and Prosciutto Chips

- 6 paper-thin slices prosciutto (3 ounces), preferably prosciutto di Parma
- 1 Tbsp. canola oil
- ½ cup shallots (3 or 4 shallots), finely chopped
- 1 tsp. kosher salt, divided, plus more to taste
- 3 pounds carrots (16 to 18 medium carrots), peeled, and cut into ½" half-moons
- ¼ tsp. ground white pepper
- 7 cups low-sodium chicken broth
- 2 Tbsp. unsalted butter
- 1 medium celery root (½ pound), trimmed, peeled, and cut into ½" pieces (about 1½ cups)
- ¾ cup heavy cream

- ¾ cup whole milk
- 1 tsp. finely grated orange zest (from 1 orange)
- 2 Tbsp. orange juice (from 1 orange)

1. Preheat oven to 425°. Line a large rimmed baking sheet with parchment paper and arrange prosciutto on it in a single layer. Top with a second piece of parchment paper and a second large rimmed baking sheet to sandwich the prosciutto. Bake until crisp, carefully flipping prosciutto halfway through, 10 to 12 minutes total. Immediately uncover, gently transfer prosciutto to a paper towel-lined plate, and let cool. Break into large pieces and set aside.

2. In a large pot, heat oil over medium heat. Add shallots and ½ tsp. salt and cook until just golden, about 2 minutes. Stir in carrots and pepper and continue to cook, stirring occasionally, until carrots begin to soften, 5 to 7 minutes. Add broth and bring to a boil. Reduce heat to medium-low and simmer, uncovered, until carrots are very tender, about 25 minutes.

3. Meanwhile, in a medium pot, melt butter over medium-high heat until solids are golden brown and fragrance is nutty, 2 to 3 minutes. Add celery root and cook for 1 minute. Carefully stir in heavy cream and milk and bring to a simmer. Reduce heat to medium-low and simmer, uncovered, until very tender, about 20 minutes. Carefully transfer to a blender, add ½ tsp. salt, and puree until very smooth. Transfer into a small container or pitcher and set aside.

4. Remove soup from heat and stir in zest. In a blender, working in batches, carefully puree hot soup until very smooth. Stir in orange juice and salt to taste.

5. To serve, ladle soup into bowls, pour some of the celery root cream on top, garnish with prosciutto chips, and serve.

MAKE AHEAD: Prepare recipe through step 4. Store prosciutto in an airtight container and refrigerate soup and cream separately. If desired, reheat soup and cream gently before serving.

Makes 12 servings.

Active time: 1 hour.

Total time: 1 hour 30 minutes.

Slow-Roasted Turkey Wings

To save time and hassle, ask your butcher to prepare the turkey wings for you. Wing flats are smaller and finger food-friendly, but you can substitute drumettes for half the flats if you'd like.

- 12 turkey wing flats, wing tips removed (about ½ pound each)
- ¼ cup canola oil
- 2 Tbsp. fresh thyme leaves, chopped
- 2½ tsp. kosher salt
- ½ tsp. ground black pepper
- ¾ cup beer, preferably lager
- Cranberry-Habanero Sauce, Sage Maple Syrup Drizzle, and Walnut Cream, for serving (optional; see opposing flap for recipes)

1. Preheat oven to 275°. Using paper towels, pat wings dry and transfer to a large bowl. Toss with oil, thyme, salt, and pepper, and transfer to a large roasting pan. Pour beer into pan and cover snugly with foil. Roast until bones are loose and meat is very tender, about 3 hours.

2. Remove pan from oven and preheat broiler. Line a large rimmed baking sheet with foil. Use tongs to arrange wings on it in a single layer and broil, watching closely, until crisp with bits of char, 6 to 8 minutes. (Depending on size of broiler and baking sheet, work in batches if needed.)

3. In a large bowl, gently toss wings with Cranberry-Habanero Sauce or add Sage Maple Syrup Drizzle if using. Transfer to a large platter and serve with Walnut Cream for dipping if desired.

MAKE AHEAD: Prepare recipe through step 2. Broil wings until crisp, about 8 minutes, before serving.

Makes 12 wings.

Active time: 30 minutes.

Total time: 3 hours 15 minutes.

Kale Salad with Oranges, Cranberries, and Maple-Toasted Walnuts

- 3 oranges, divided
- 3 Tbsp. lemon juice (from 1 lemon)
- 1 tsp. sea salt, divided
- ¼ tsp. ground black pepper
- ⅞ tsp. ground cinnamon
- ¼ cup extra-virgin olive oil
- 2 bunches Tuscan kale, ribs removed, leaves chopped into bite-size pieces (about 8 lightly packed cups)
- 1 cup dried cranberries
- 1 cup walnuts, roughly chopped
- 1 Tbsp. maple syrup

1. Preheat oven to 350°. Line a rimmed baking sheet with parchment paper and set aside. Working over a large bowl, finely grate zest of 1 orange. Add 1 Tbsp. of its juice (save remainder for another use), lemon juice, ½ tsp. salt, pepper, and cinnamon, and whisk to combine. Whisking constantly, drizzle in oil in





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Homegating



Special Sauces

Score major points this Thanksgiving—or any game day—with these three accompaniments to chef **Brandon Kida's** crispy beer-roasted turkey wings (see recipe, *opposite page*), his seasonal take on the Buffalo wing. You might also try dipping sweet-potato or barbecue chips in the Cranberry-Habanero Sauce or Walnut Cream, or mixing the Sage Maple Syrup Drizzle into a batch of popcorn.

Cranberry-Habanero Sauce

In a small pot, stir together 2 **habanero chilies**, stemmed and finely chopped (remove seeds and ribs for less heat); 1 (14-ounce) can **whole cranberry sauce**; 3 Tbsp. **apple cider vinegar**; and ½ tsp. **kosher salt** and bring to a boil. Reduce heat to medium-low and simmer until thickened, about 15 minutes.

Makes 1½ cups.

Total time: 15 minutes.

Walnut Cream

In a blender, puree 2 cups **crème fraîche** or sour cream; 1 cup **walnuts**, toasted; 2 Tbsp. **honey**; and ½ tsp. **kosher salt** until smooth.

Makes 3 cups.

Total time: 5 minutes.

Sage Maple Syrup Drizzle

In a small skillet, heat ¼ cup **canola oil** and ¼ cup **extra-virgin olive oil** over medium-high heat until very hot but not smoking, 4 to 5 minutes. Working in 2 batches, add 16 **sage leaves** (they should sizzle when they touch the oil) and fry, carefully flipping halfway through, until crisp and very fragrant, 10 to 15 seconds. Using tongs or a fork, transfer leaves to a paper towel-lined plate and let cool. In a blender, puree fried sage and 1 cup **maple syrup** until smooth.

Makes 1 cup.

Active time: 10 minutes.

Total time: 20 minutes.

a steady stream. Add kale and cranberries, toss to coat, and set aside at room temperature to let soften for 30 minutes.

2. Meanwhile, in a small bowl, toss walnuts with maple syrup and remaining $\frac{1}{2}$ tsp. salt. Arrange on prepared baking sheet in a single layer and bake, stirring halfway through, until deep golden brown, about 10 minutes. Set aside to cool.

3. Using a paring knife, remove peel and pith from remaining two oranges, then thinly slice into circles, discarding any seeds.

4. To serve, arrange salad on a large platter, scatter oranges over top, and sprinkle with maple walnuts.

MAKE AHEAD: Reserve maple-toasted walnuts and add just before serving.

Makes 12 servings.

Total time: 45 minutes.

Pineapple Casserole

- 4 Tbsp. unsalted butter, plus more for greasing pan
- $1\frac{1}{2}$ cups cornbread crumbs
- $\frac{1}{3}$ cup mayonnaise, preferably Duke's brand
- $\frac{1}{4}$ cup jarred pimentos, drained and chopped
- 2 Tbsp. coarsely grated sweet onion
- 1 pickled jalapeño, seeded and finely chopped
- $\frac{1}{2}$ pound good-quality sharp yellow cheddar, coarsely grated (about 2 packed cups)
- $\frac{1}{8}$ tsp. ground cayenne pepper
- $\frac{1}{8}$ tsp. ground white pepper
- 1 cup sugar
- $\frac{1}{4}$ cup plus 3 Tbsp. all-purpose flour
- 2 (20-ounce) cans crushed pineapple in natural juice, drained

1. Preheat oven to 350°. Lightly butter a 9" square or round baking dish or pan. On a large rimmed baking sheet, arrange cornbread crumbs and toast, stirring

halfway through, until dried and golden brown, 8 to 10 minutes. Meanwhile, in a small pot, heat butter over medium heat until the solids are golden brown and the butter has a nutty fragrance, about 5 minutes. In a medium bowl, carefully toss together cornbread crumbs and butter; set aside.

2. In another medium bowl, stir together mayonnaise, pimentos, onion, and jalapeño. Add cheese, cayenne, and white pepper, and stir again until combined.

3. In a large bowl, stir together sugar and flour until very well incorporated, then fold in pimento cheese mixture. Put pineapple in a fine sieve, working in batches if needed, and press to remove as much juice as possible. Add pineapple to pimento cheese mixture and stir until combined. Transfer to prepared pan, scatter with reserved cornbread crumbs, and bake until browned on top and bubbly, about 25 minutes.

MAKE AHEAD: Serve warm from the oven or at room temperature.

Makes 12 servings.

Active time: 30 minutes.

Total time: 1 hour.

Roasted Squash with Mole Sauce

- $4\frac{1}{2}$ pounds kabocha or butternut squash, halved, seeded (peeled if using butternut), and cut into 3" chunks
- 2 Tbsp. canola oil
- $2\frac{1}{4}$ tsp. kosher salt, divided
- $\frac{1}{2}$ tsp. ground black pepper, divided
- 3 Tbsp. unsalted butter, divided
- 1 large shallot, finely chopped
- 1 garlic clove, finely chopped
- $\frac{1}{4}$ cup sesame seeds
- 1 tsp. ground cinnamon
- 1 tsp. ground cumin
- 1 star anise pod
- $\frac{3}{4}$ cup low-sodium chicken or vegetable broth
- $1\frac{1}{2}$ Tbsp. light brown sugar
- 2 ounces bittersweet chocolate (70% or more cacao), finely chopped (about $\frac{1}{3}$ cup)
- 3 Tbsp. shelled pumpkin seeds (pepitas), toasted

1. Preheat oven to 400°. In a large bowl, toss squash with oil, $1\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper. Arrange in a single layer on two large rimmed baking sheets. Roast, flipping squash and rotating baking sheets halfway through, until deep golden brown and tender, about 35 minutes total.

2. Meanwhile, in a small saucepan, melt 1 Tbsp. butter over medium-low heat. Add shallot and garlic and cook, stirring occasionally, until softened and translucent, about 5 minutes. Stir in sesame seeds, cinnamon, cumin, and star anise, and cook for 1 minute. Stir in broth and brown sugar, increase heat to medium, and cook until reduced by half, 5 to 7 minutes. Remove star anise and discard.

3. Whisk in chocolate and remaining 2 Tbsp. butter until smooth. Remove from heat, stir in remaining $\frac{3}{4}$ tsp. salt and remaining $\frac{1}{4}$ tsp. pepper, and keep warm.

4. Transfer squash to a platter, drizzle with sauce, sprinkle with pumpkin seeds, and serve.

MAKE AHEAD: Prepare through step 2. Just before serving, rewarm sauce and continue with step 3.

Makes 12 servings.

Total time: 50 minutes.

Mint Chocolate Chip Ice Cream Nanaimo Bars

For the best results, make these Canadian layered dessert bars a day or two in advance to be sure they're frozen solid. For a potluck, travel with the uncut bars in the pan, packed on top of ice in a cooler, and cut them just before serving.

COOKIE BASE:

- 2 cups finely crushed graham cracker crumbs (12 to 14 crackers)
- $\frac{1}{2}$ cup sliced almonds, toasted and chopped
- $\frac{1}{4}$ cup unsweetened cocoa powder
- 10 Tbsp. unsalted butter, melted
- 2 Tbsp. sugar
- 1 large egg, beaten

SWEET CREAM:

- 8 Tbsp. unsalted butter, softened
- 3 cups confectioners' sugar, sifted
- 6 Tbsp. heavy cream
- $\frac{1}{4}$ cup powdered instant vanilla pudding mix
- 1 tsp. vanilla extract

TO FINISH:

- 2 pints mint chocolate chip ice cream
- 1 cup semisweet or bittersweet chocolate chips, or finely chopped chocolate (about 6 ounces)

- 1 tsp. unsalted butter
- $\frac{1}{4}$ cup heavy cream, at room temperature

1. To make cookie base: Line a 9" x 13" baking pan with parchment paper, allowing it to hang over the edges on the long sides. In a large heatproof bowl, stir together crumbs, almonds, and cocoa powder. In a small pot, whisk together butter, sugar, and egg, and cook over medium-low heat, whisking constantly, until just thickened and mixture reaches 165°, about 5 minutes. Stir into crumb mixture, then press firmly into prepared pan to make an even layer that covers the bottom. Freeze until firm, about 1 hour.

2. To make sweet cream: In a large bowl, using a handheld electric mixer, beat butter on medium speed for 30 seconds. Add confectioners' sugar, cream, pudding mix, and vanilla, and beat again, starting on low and increasing speed after the sugar is incorporated, until pale and fluffy, about 2 minutes. Spread evenly over cookie base and freeze again until firm, about 1 hour.

3. To finish: Transfer ice cream to a large bowl and break up with a spoon. Set aside for 10 minutes to let soften, then stir to create a spreadable consistency. Spread evenly over sweet cream layer and freeze again until firm, about 1 hour.

4. In a small pot, melt chocolate over medium-low heat, stirring constantly, until almost smooth, about 2 minutes. Remove from heat, add butter, and continue stirring only until melted, briefly returning to the heat, if needed. Stir in cream until well combined. Working gently but quickly (chocolate will begin to harden when it touches the ice cream), spread evenly over ice cream layer. Freeze again for 1 hour.

5. When ready to serve, use a paring knife to loosen ends, then use parchment paper to transfer bars to a cutting board. Using a slicing knife, carefully cut into rectangles. (For clean cuts, dip the knife blade into hot water and wipe dry before each cut.) Serve immediately.

MAKE AHEAD: Prepare recipe through step 4 up to 2 weeks in advance; wrap well in plastic wrap and store in freezer. Cut bars just before serving.

Makes 12 bars.

Active time: 1 hour.

Total time: 4 hours 30 minutes.

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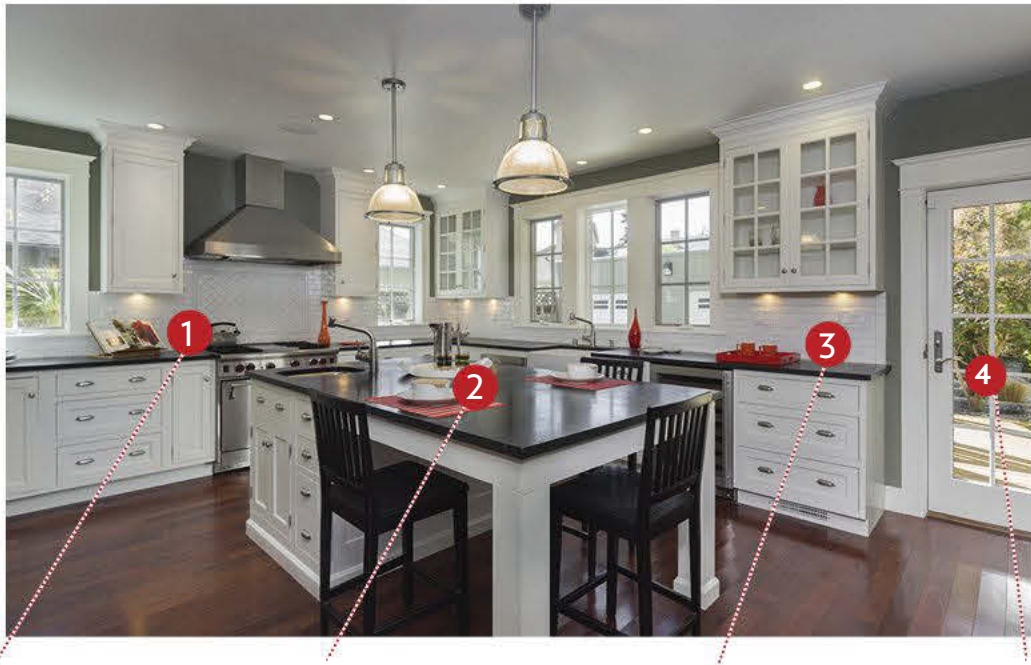
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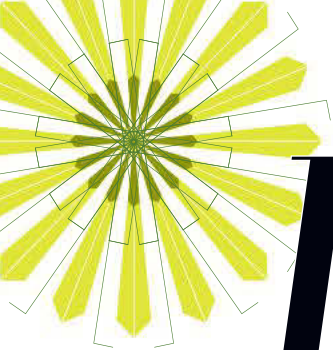
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A trio of fabulous post-Thanksgiving dishes using three holiday leftovers: **cranberry sauce, red wine, and pecans.**

RECIPES BY
Marcia Kiesel

Each recipe
serves 4.

Endive and Pear Salad

In a bowl, microwave $\frac{1}{4}$ cup plus 2 Tbsp. **jellied cranberry sauce** until melted, 1 minute. Whisk in $\frac{1}{4}$ cup plus 2 Tbsp. **dry red wine**, 3 Tbsp. **red wine vinegar**, $\frac{1}{4}$ cup **vegetable oil**, and $\frac{1}{2}$ tsp. each **salt** and **pepper**. Set aside. In a large bowl, toss 6 ounces **frisée** (6 cups), torn; 2 heads **Belgian endive**, cut into 2" pieces; 1 **Kirby cucumber**, cut into $\frac{1}{4}$ "-thick rounds; $\frac{1}{4}$ cup chopped **chives**; $\frac{3}{4}$ cup **pecans**, roasted and chopped; and $\frac{3}{4}$ cup crumbled **blue cheese**. Dress and divide among 4 plates. Add 2 **Bartlett pears**, sliced, and serve. *Total time: 25 minutes.*



Stuffed Acorn Squash

Preheat oven to 350°. Rub 2 **acorn squash**, halved lengthwise and seeded, with 1 Tbsp. **oil**. Season with $\frac{1}{4}$ tsp. each **salt** and **pepper**. Place cut side down on a baking sheet and bake until soft, 50 minutes. Increase heat to 375°. In a large skillet, melt 4 Tbsp. **unsalted butter**. Add 1 **onion**, diced, and cook over low heat until soft, 10 minutes. Add $\frac{1}{2}$ cup **dry red wine** and boil until reduced by half, 3 minutes. Add $\frac{1}{2}$ cup **corn**; $\frac{1}{2}$ Tbsp. **sage**, chopped; and $\frac{1}{2}$ cup **whole cranberry sauce**. Transfer to a large bowl and mix in $2\frac{1}{2}$ cups **stale bread cubes**; $\frac{2}{3}$ cup **pecans**, roasted and chopped; and $\frac{1}{2}$ tsp. each **salt** and **pepper**. Mound stuffing in squash and bake until browned, 20 minutes. *Active time: 25 minutes. Total time: 1 hour 50 minutes.*



Roasted Vegetables with Cranberries and Bacon

Preheat oven to 350°. In a roasting pan, bake 4 slices thick-cut **bacon**, cut into 1" pieces, until crisp, 10 minutes. Transfer to paper towel-lined plate. Pour off all but 1 Tbsp. fat and add 2 Tbsp. **vegetable oil** to pan. Add 1 pound **carrots** and 1 pound **parsnips**, both peeled and cut into 2" lengths, thick pieces halved lengthwise, and $\frac{1}{2}$ tsp. **salt**. Toss vegetables to coat, arrange in an even layer, cover with foil, and roast on bottom rack until almost tender, 15 minutes. Increase heat to 400°. Uncover and cook until just brown, 15 minutes. Add 1 **red onion**, cut into 1" dice, and stir. Roast until browned, 20 minutes. Add $\frac{1}{4}$ cup **dry red wine**, a pinch each of **ground cinnamon** and **cayenne pepper**, and $\frac{1}{2}$ cup **whole cranberry sauce**, and roast 4 minutes. Stir and season with $\frac{1}{2}$ tsp. each **salt** and **pepper**. Stir in bacon and $\frac{1}{2}$ cup **pecans**, roasted and chopped. Transfer to platter and serve. *Active time: 25 minutes. Total time: 1 hour 30 minutes.*



FOOD STYLIST: EUGENE JHO

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Visit SUCCESSRICE.COM to get this Rice Cakes with Goat Cheese and Bacon recipe.



MIXING BOWL

The makings of a delicious month, from old-fashioned kitchenware to a wacky new potato chip.

Tool to Try

FOR GOOD MEASURE

Blogger turned Food Network star Ree Drummond (a.k.a. the Pioneer Woman) is now designing tabletop items and cookware with her signature homespun charm. One standout: retro-cute measuring cups that can double as serving bowls for nuts or olives. Best of all, they can be had for less than the price of a bottle of fancy olive oil. (\$10 for set of four; walmart.com)



Genius Idea!

Vegan Whipped Cream

Try a twist on traditional pie topping by replacing whipped cream with a decadent but dairy-free coconut version. Refrigerate a can of full-fat coconut milk (Whole Foods' 365 Everyday Value brand and Thai Kitchen are your best bets) overnight, and place a metal mixing bowl in the freezer until it's chilled.

Open the can and scoop out only the hardened cream into the bowl (reserve the separated liquid for smoothies or cooking). Using a handheld electric mixer, whip cream until it forms soft peaks, two to five minutes. Fold in a tablespoon of agave, honey, or confectioners' sugar, adding more to taste. Then dollop to your heart's content. Makes about one cup.



The Find

BIRD IN THE HAND

Okay, Boulder Canyon's seasonal Turkey & Gravy flavored kettle-cooked potato chips may sound weird. But try to keep an open mind, because we bet that once you start munching on these addictively salty, herby snacks (which really do capture the rich flavor of perfectly roasted poultry), you'll be going back for seconds—and thirds. (\$3.50 for five-ounce bag; grocery stores)



Pantry Pick

Wrap Stars

The holidays bring massive amounts of food—and massive amounts of leftovers. If you don't want to swaddle everything in layers of plastic, there's an eco-friendlier option: beeswax wrap, a coated cotton cloth that's flexible and slightly adhesive and shapes easily around food.

It can be hand-washed and reused dozens of times and lasts up to a year.

When the wax wears off, toss it without guilt—it's biodegradable. (\$19 for three; beeswrap.com)



Easy Upgrade

SPROUTS HONOR

Brussels sprouts often play a supporting role on Thanksgiving tables, but they're the star ingredient in this zesty, cheesy dip from Dawn Yanagihara's cookbook *Dips & Spreads*, out this month.

WARM CHARRED

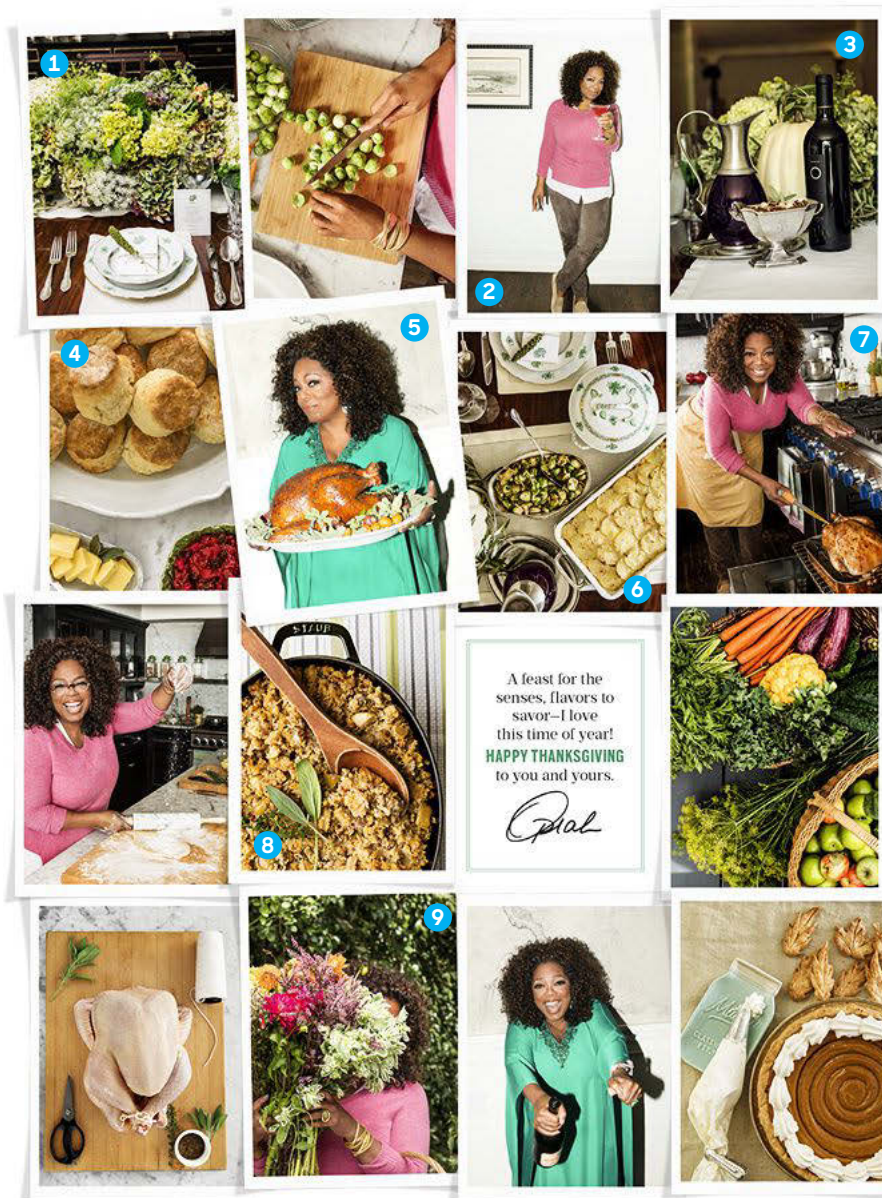
BRUSSELS SPROUTS DIP WITH RICOTTA AND BACON

Position rack in lower third of oven. Place a rimmed baking sheet on rack and preheat oven to 500°. Lightly oil a broiler-safe shallow 4-cup baking dish. In a large skillet, cook 3 slices thick-cut **bacon**, finely chopped, over medium heat until browned, about 8 minutes. Add 1 clove **garlic**, minced, and cook, stirring constantly, about 1 minute. Transfer to a paper towel-lined plate. Using a food processor fitted with a slicing disk, slice 1 pound **Brussels sprouts**, trimmed and halved. Transfer to a medium bowl; toss with 2 Tbsp. **olive oil**, ¼ tsp. **salt**, and a few grinds of **black pepper**. Remove baking sheet from oven and add sprouts in an even layer. Roast 13 to 15 minutes, until some sprouts are darkly charred, stirring every 4 to 5 minutes. Let cool on baking sheet. Preheat broiler. In a medium bowl, combine ½ cups whole-milk **ricotta**; ½ cup grated **Parmesan**; 3 **scallions**, thinly sliced; 1 tsp. finely grated **lemon zest**; 2½ Tbsp. **lemon juice**; reserved **bacon** mixture; 2 Tbsp. **olive oil**; 1 tsp. **salt**; and ½ tsp. **ground black pepper**. Stir until combined. Add sprouts and mix well. Salt and pepper to taste. Transfer dip to prepared baking dish and spread in an even layer. Sprinkle with 2 Tbsp. **grated Parmesan** and broil until browned on top, about 5 minutes. Serve hot with toasted **baguette** slices, **chips**, or **crackers**. Makes 4 cups. Active time: 20 minutes. Total time: 35 minutes.



Shop Guide

(All prices are approximate.)



COVER On Oprah: Caftan, \$795; badgleymischka.com. Bracelet, Mizuki, \$4,905; Bergdorf Goodman, 800-558-1855. Ring, Wendy Yue, \$8,980; Tayloe Piggott Gallery, Jackson Hole, Wyoming, 307-733-0555.

HERE WE GO PAGE 27 On Oprah: Sweater, \$275; whiteandwarren.com. Top, \$275; vince.com. Pants, Lafayette 148 New York, \$698; lafayette148ny.com. Apron, \$72; basshu.com. Earrings, Pomellato, \$5,450; 800-254-6020. Bracelets, Sidney Garber, \$12,200 set of three; 312-944-5225. Shoes, \$425; tods.com.

O'S MINI-GUIDE TO HOLIDAY ENTERTAINING COVER Dining table and note pad by Charles Fradin Home; charlesfradinhome.com. Dinnerware, Chinese Bouquet in green; herendusa.com.

ADAM'S STYLE SHEET PAGE 65 Clockwise from top left: Dress, Bisou Bisou, \$86; jcpenny.com. Earrings, Fallon, \$195; fallonjewelry.com. Bracelets, Fallon, \$215 each; fallonjewelry.com. Ring, Akkad, \$60; hsn.com. Bag, \$148; anntaylor.com. Shoes, \$89; ninewest.com. Dress, Julia Jordan, \$178; nordstrom.com. Jacket, \$148; express.com. Top necklace, \$375; lulufrost.com. Bottom necklace, \$178; lorenhope.com. Dress, Jennifer Lopez, \$60; kohls.com. Clutch, Kara Ross, \$1,595; kararossny.com. Necklace, Sequin, \$248; sequin-nyc.com. Dress, Calvin Klein, \$149; Macy's, 800-289-6229. Clutch, Diane von Furstenberg, \$448; dvf.com. Cuff, Marcia Moran, \$163; shop-marciamoran.com. Ring, Robert Lee Morris Collection, \$195; robertleemorris.com. Shoes, Christian Louboutin, \$895; Horatio Boutique, 212-255-1910.

THE BEAUTY OF GIVING PAGE 75 Gown, \$6,990; verawang.com. Earrings, Fallon, \$175; fallonjewelry.com. Layered necklaces, \$238 to \$410; lulufrost.com. Bracelet, \$215 to \$825 each; freidarothman.com. Thin bracelet, \$348; goldphilosophy.com. **PAGE 76** Gown, La Femme, \$378; edressme.com. Necklace, \$188; louisettecic.com. Bracelets (from left): \$232; jillgolden.com. \$165; ocienewyork.com. Meredith Marks, \$6,890; Stanley Korshak, Dallas, 214-871-3600. Rings (from left): \$475; stephaniekantis.com. \$35; vincecamuto.com. **PAGE 79** Gown, Badgley Mischka, price upon request; Beverly Hills, 310-248-3750. Earrings, Marcia Moran, \$345; shop-marciamoran.com. Necklace, Juliet & Co., \$66; julietandcompany.com. Belt, Stelios, \$85; 203-866-4000. Bracelets (from top): \$198; melindamaria.com. \$125; swarovski.com. \$128; melindamaria.com. Ring, Rachel Zoe, \$95; nordstrom.com. **PAGE 80** Gown, Gustavo Cadile, \$4,290; Saks Fifth Avenue, 212-753-4000. Top necklace, Sarah Magid Jewelry, \$548; sarahmagid.com. Bottom necklace, \$198; louisettecic.com. Bracelets (top to bottom): Bronzo Italia, \$120; qvc.com. \$178; melindamaria.com. Ring (left), \$198; melindamaria.com. Ring (right), Maiyet, \$75; similar styles maiyet.com.

WHAT I KNOW FOR SURE PAGE 158 Ring, \$565; vaubeldesigns.com. Bracelets, Sidney Garber, \$12,200 set of three; 312-944-5225.

INSIDE THE COVER 1. Flowers by Lily Lodge; lilylodge.com. 2. Shoes, \$425; tods.com. 3. Decanter and platter, Match Pewter; match1995.com. Wine, Promise Cabernet Sauvignon; promisewine.com. 4. Platter and butter dish, Astier de Villatte; nickeykehoe.com. 5. Earrings, \$2,095; jhadleyjewelry.com. 6. Scalloped-potato dish, Match Pewter; match1995.com. Dinnerware, Chinese Bouquet in green; herendusa.com. 7. Apron, \$72; basshu.com. Turkey pan, Mauviel Copper; surlatable.com. 8. Staub casserole dish; surlatable.com. 9. Ring, \$565; vaubeldesigns.com. Bracelets, Sidney Garber, \$12,200 set of 3; 312-944-5225.

O, The Oprah Magazine (ISSN 1531-3247) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019, U.S.A. Steven R. Swartz, President and Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennack, Jr., Executive Vice Chairman; Catherine A. Bostrom, Secretary. Hearst Magazines Division: David Carey, President; John A. Rohan, Jr., Senior Vice President, Finance. © 2015 by Hearst Communications, Inc. All rights reserved. *O, The Oprah Magazine* is a registered trademark of Harpo Print, LLC. Periodicals postage paid at New York, NY, and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499.

Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: \$28 for one year. Canada and all other countries: \$50 for one year. Subscription Services: *O, The Oprah Magazine* will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within four to six weeks. For customer service, changes of address, and subscription orders, log on to service.theoprahmag.com or write to Customer Service Department, *O, The Oprah Magazine*, P.O. Box 6000, Harlan, IA 51593. Due to the high volume of submissions, the publisher cannot accept or return unsolicited manuscripts or art. Canada BN NBR 10231 0943 RT. Postmaster: Send all UAA to CFS. (See DMM 707.4.12.5.) Nonpostal and military facilities: Please send address changes to *O, The Oprah Magazine*, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.

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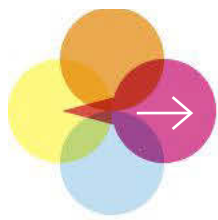


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OWN



What I Know for Sure

Y

YOU CAN RUN away from yourself for a very long time. You can be married to the wrong person for decades and pretend it's fine. You can fake it doing work you only half care about. You can hide behind accoutrements, square footage, and cars. Big-screen TVs and fancy vacations. But you will never get away with being a phony.

Eventually life reveals itself and shows you a mirror to help you see your own truth.

And if you've been faking it, ignoring your thoughts and feelings (what I call your emotional GPS), the wake-up call can be harsh.

The call often comes in the form of what, on the surface, looks like loss: loss of a job, a relationship, your looks, or whatever external thing you use to find value in yourself.

When you excavate deeper, examining more closely every situation that has fallen apart, you will find truth gone awry.

I know for sure that we each contribute to the whole of what it means to be a human on earth. The fullness of our humanity can be expressed only when we are true to ourselves. Your real job on earth is to become more of who you really are. To live to the highest degree what is pure, what is honest, what is natural, what feels like the real you.



Anything less is a faked life.

To be authentic is the highest form of praise. You're fulfilling your mission and purpose on earth when you honor the real you.

Your whole life becomes a prayer of thanksgiving.

Oprah



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FOR EXCLUSIVE VIDEO
ON OPRAH'S FAVORITE
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